



Christ's Heart for You

Matthew 11:28-30

1. Why do you think A.W. Tozer says, "What comes into our minds when we think about God is the most important thing about us?" _____

2. In the sermon, David stated, "What we actually believe about God shows up in our actions." So, what do your actions say about what you believe about God? _____

3. Read **Matthew 11:28-30**. What do you learn about God from your first read of these verses? _____

4. In verse 28, Jesus offers rest to those who labor (the weary) and those that are heavy laden (the burdened). Describe a situation when you felt weary or burdened? _____

 - a. Jesus is not primarily referring to physical exhaustion, but a spiritual exhaustion. It is the exhaustion of trying to earn your way to God or to earn His love. In what ways might you be trying to earn God's love and acceptance? _____

 - b. Jesus lived, died, and rose again SO THAT we can stop the impossible, wearisome, burdensome task of trying to prove ourselves to God. When we trust in His death and resurrection for us, He deems us forgiven, righteous, worthy, accepted, and reconciled to God and this gives us rest. How has this gospel message brought you rest? _____

5. In verse 29, Jesus gives a second invitation. He says, "Take my yoke upon you, and learn from me." The yoke is a farming tool used to join two animals, so they work together in the same direction. It symbolized submitting to authority. This is an invitation to follow Jesus, learn from Him, and walk in the way He walks. How does this imagery of the yolk help you understand what it means to follow Jesus? _____

 - a. Jesus goes on to tell us why we should want to follow Him and learn from Him. The reason? Jesus says at the center of who I am, what most defines and directs me, is that "I am gentle and

lowly in heart.” This means He is meek, humble, and accessible. How does your view of Jesus compare to how He describes himself? _____

b. Jesus being gentle and lowly in heart means He will never turn you away. It means all your past, present, and future sins were nailed to the cross and paid for by Jesus. It means that there is no condemnation for you because Jesus took all of God’s wrath for you. No wrath remains for you. It means as often as you sin so often will He restore you. Yes, you should grieve over your sin, hate it, and turn from it because it grieves the heart of God, but do not let it keep you from coming to the One who is gentle and lowly in heart to confess and ask for forgiveness.

i. How does seeing Jesus this way change the way you will approach Him going forward with your repeated failures? _____

6. When we come to Him and we take on His yoke and learn from Him, He says, “you will find rest for your souls. For my yoke is easy, and my burden is light.” As we accept His forgiveness and become His children through Jesus Christ, we will no longer be burdened by trying to earn His favor to avoid His wrath. As we follow His ways (take on His yoke), it is easy (translated kind or pleasant), and the burden is light. He promises that, even though the Christian life is hard, His burden is light, and you will find rest for your souls.

a. What sins should you confess to Him right now? _____

b. What things are you doing to try to earn your way to God that exhaust you that you need to stop doing in light of this scripture? _____

c. The more you understand Christ’s heart for you, the more you will go to Him. How will you use this lesson to remind yourself of who Jesus is, so you go to Him more? _____

