

Come Weary

Matthew 11:28-30

"Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light."

1) What is your initial gut reaction to these words from Jesus?

Our need for rest stems from our sin. We need a righteousness that we don't have. As Jesus put it, "You therefore must be perfect, as your heavenly Father is perfect." We tend to either be discouraged and despairing in the face of that, or we chase some form of self-righteousness as a way to be ok.

2) What do you catch yourself hanging your hat on to feel ok?

3) When do you find yourself beaten down and discouraged?

Jesus' call is only to the weary- we don't get to come to him while clinging to our own "strength". But it is hard to come to anyone in our weakness and failure. We are afraid to be known, and of how others might exploit us if they see our vulnerability.

4) When you walk through suffering or fall into sin, how do you think Jesus sees you?

5) What does it mean for us that Jesus is gentle and lowly in heart?

It doesn't matter that Jesus' heart is for us if he is unable to do what we need. Jesus uses the image of being yoked together- we are joined to him. He does all the heavy lifting and provides all the righteousness we need before God to truly rest. That work is ours when we are joined to him by faith. This makes his yoke easy and his burden light.

6) If Jesus has truly provided rest for us, how do we rest while we still sin and suffer in this life?

7) If Jesus has done all we need before God, what should be doing with our time?

Some things you can be praying about:

- What can we praise God for?
- What burdens do you have that we can help carry?
- What sin do you have to confess so we can care for you?
- What other things can we bring to the Father for you?