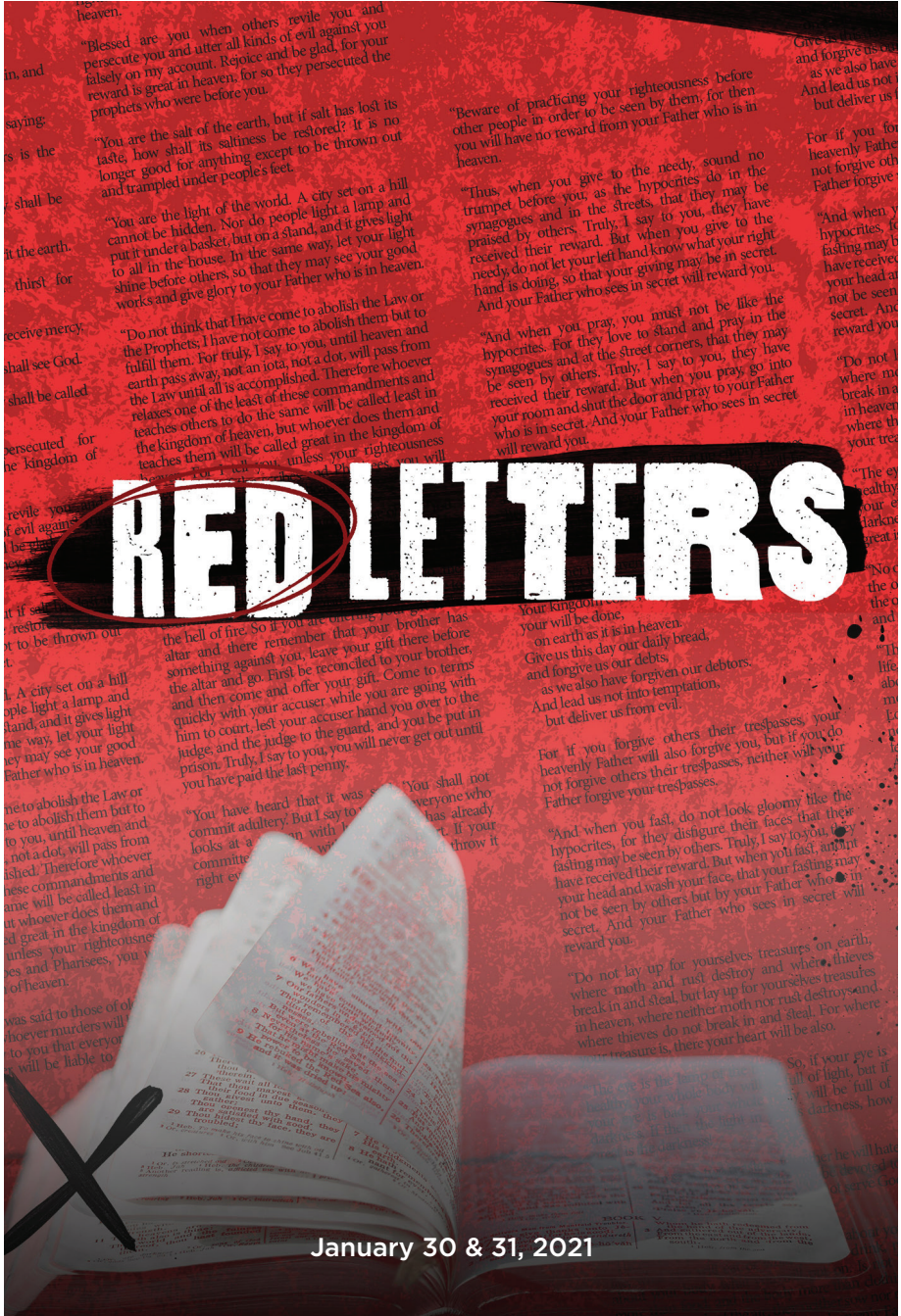




Home Teams

DISCUSSION GUIDE



"Blessed are you when others revile you and persecute you and utter all kinds of evil against you falsely on my account. Rejoice and be glad, for your reward is great in heaven, for so they persecuted the prophets who were before you.

"You are the salt of the earth, but if salt has lost its taste, how shall its saltiness be restored? If it is no longer good for anything except to be thrown out and trampled under peoples feet.

"You are the light of the world. A city set on a hill cannot be hidden. Nor do people light a lamp and put it under a basket, but on a stand, and it gives light to all in the house. In the same way, let your light shine before others, so that they may see your good works and give glory to your Father who is in heaven.

"Do not think that I have come to abolish the Law or the Prophets; I have not come to abolish them but to fulfill them. For truly, I say to you, until heaven and earth pass away, not an iota, not a dot, will pass from the Law until all is accomplished. Therefore whoever relaxes one of the least of these commandments and teaches others to do the same will be called least in the kingdom of heaven, but whoever does them and teaches them will be called great in the kingdom of heaven. For I tell you, unless your righteousness exceeds that of the Pharisees, you will not enter the kingdom of heaven.

RED LETTERS

"Beware of practicing your righteousness before other people in order to be seen by them, for then you will have no reward from your Father who is in heaven.

"Thus, when you give to the needy, sound no trumpet before you, as the hypocrites do in the synagogues and in the streets, that they may be praised by others. Truly, I say to you, they have received their reward. But when you give to the needy do not let your left hand know what your right hand is doing, so that your giving may be in secret. And your Father who sees in secret will reward you.

"And when you pray, you must not be like the hypocrites, for they love to stand and pray in the synagogues and at the street corners, that they may be seen by others. Truly, I say to you, they have received their reward. But when you pray, go into your room and shut the door and pray to your Father who is in secret. And your Father who sees in secret will reward you.

Give us this day our daily bread, and forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from evil.

For if you forgive others their trespasses, your heavenly Father will also forgive you, but if you do not forgive others their trespasses, neither will your Father forgive your trespasses.

"And when you fast, do not look gloomy like the hypocrites, for they disfigure their faces that their fasting may be seen by others. Truly, I say to you, they have received their reward. But when you fast, anoint your head and wash your face, that your fasting may not be seen by others but by your Father who is in secret. And your Father who sees in secret will reward you.

"Do not lay up for yourselves treasures on earth, where moth and rust destroy and where thieves break in and steal, but lay up for yourselves treasures in heaven, where neither moth nor rust destroys and where thieves do not break in and steal. For where your treasure is, there your heart will be also.

"The eye is the lamp of the body. So, if your eye is healthy, your whole body will be full of light, but if it is unhealthy, your whole body will be full of darkness. How

the hell of fire. So if you are offering your gift on the altar and there remember that your brother has something against you, leave your gift there before the altar and go. First be reconciled to your brother, and then come and offer your gift. Come to terms quickly with your accuser while you are going with him to court, lest your accuser hand you over to the judge, and the judge to the guard, and you be put in prison. Truly, I say to you, you will never get out until you have paid the last penny.

"You have heard that it was said, 'You shall not commit adultery.' But I say to you, whoever looks at a woman with lustful intent has already committed adultery with her in his heart. If your right eye causes you to sin, gouge it out and throw it away. It is better for you to lose one part of your body than for your whole body to be thrown into hell.

Your kingdom come, your will be done, on earth as it is in heaven. Give us this day our daily bread, and forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from evil.

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January 30 & 31, 2021

Resting

BIG IDEA: Resting in Jesus brings balance to life.

TEACHING POINTS:

- Our souls have a proclivity to find rest in lots of things other than God.
- God is the only thing that can give us true rest.
- Resting in God means giving up control and learning to trust Him.

SCRIPTURE: MATTHEW 11:28-30



OPENING QUESTIONS

1. How do you sleep? On your stomach, back, or side? Lots of pillows and blankets?
2. What is energizing you right now?

IN THE WORD

1. What do you think people in Jesus' day would have been weary and burdened by? How is that similar or different from today?
[Matthew 11:28-30](#)
2. How did the imagery of the yoke help Jesus' audience understand what it meant to take it on and experience rest?
[Matthew 11:28-30](#)
3. How does a person take on the yoke of Jesus? What does that look like day-to-day? [Matthew 11:28-30](#)
4. Jesus says, "my yoke is easy and my burden is light." Do we really believe that is true? Is it hard to trust what Jesus says here?
[Matthew 11:28-30](#)

MAKING IT PERSONAL

1. What are your usual coping mechanisms when you face stress or anxiety? Are they healthy?
2. What is draining you right now or causing you to feel restless?
3. Jesus offers us an exchange of rest, our yoke for His. What would it look like for you to exchange your yoke for Jesus' this week?
4. How can God and others help share your burdens?

CONTINUED LEARNING

[Galatians 6:2](#). How can you practically carry someone else's burden?

- I WILL:**
I will obey something from God's word in the next 24-48 hours.
- I WILL:**
I will share, with either a believer or non-believer, what God is teaching me and what I'm learning.

Notes & Prayers



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