



The Rhythm of Rest

Key Scripture

Matthew 11:28 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.”

Start Talking. Conversation starter for your group.

- Americans get 6.5 hours of sleep per night. How many hours of sleep do you get? How many hours would you like to have?
- Would you describe yourself as tired? If so, what contributes to you being tired?

Start Thinking.

- Read **Matthew 11:28**. What are the qualifications of a person receiving rest? (They must come to Jesus and they must receive the gift of rest).
- Read Matthew 11:29-30. Why is it important to know that Jesus is gentle and lowly when you take His yoke? What does it practically look like to take His yoke and receive rest in Jesus?
- Read **Hebrews 4:9-10**. According to the OT, what did a Sabbath rest look like/require? (The Sabbath day that the bible speaks about is Saturday, the seventh day of the week (Genesis 2:2-3, Leviticus 23:2-3). The Jews considered a day to be the interval from sunset to sunset, and they have always observed the Sabbath from Friday evening until Saturday evening. No work. Praying multiple times a day, etc.)
- Read **Numbers 15:32-36**. What was the penalty for breaking the Sabbath? What does that communicate about what God thinks about rest?
- Re-read **Hebrews 4:9-10**. What is the Sabbath rest the author is referring to? (Jesus - no longer are we required to observe a day for God because Jesus has fulfilled everything for us. Because of that, we can observe/rest in God every day).
- If we no longer *HAVE* to observe a Sabbath day, what is the point of gathering on Sundays? (we are just like God’s children in the OT. When left to ourselves, we are quick to get wrapped up in our lives and forget God).

Start Sharing.

- What is one thing you can do, that you aren’t currently doing, to get more rest?
- Ultimately, if you are constantly tired, what does that indicate according to Matthew 11:28?

Start Doing.

- Split up into groups and discuss what you can do to hold one another accountable when it comes to rest.