

### **Matthew 11:28-30 New Living Translation**

Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. For my yoke is easy to bear, and the burden I give you is light."

### ***Discussion/Journal Questions***

Share with your group about a time you felt stuck. What happened? How did you get unstuck?

Read Matthew 11:28-30. Meditate on this for a moment. What images or thoughts come to mind? What would it look like to live this way?

In the sermon, John shared a number of reasons why people do not take Jesus up on His offer of rest. What is your reason?

How do pride and guilt work to prevent people from coming to Jesus for help?

Fear keeps some from surrendering to God. There is a fear of losing control, but we are all controlled by someone or something. Do you agree or disagree? Why?

What are some of the "masters" that control us if we refuse to surrender to God's care and control?

How do worry and doubt work to prevent people from coming to Jesus for help?

John shared that saying "I'll let Him" means we accept four things:

Jesus as the Savior of my life.

God's Word as the guide for my life.

God's will as the goal for my life.

God's power as the source of strength for my life.

Which of these do you struggle with and why?

How can you pray for each other as group members this week?

**Who are you praying for to accept Jesus, and what specifically did you do this week to interact with them?**

**Who are you currently discipling, and what specifically did you do this week to help them know, love, and follow Jesus?**

**Who are you considering for future discipleship relationships, and what specifically did you do this week to interact with them?**