

He Promises

When You're Tired of Being Tired



Message Summary

Jesus promises that even when we're tired of being tired, we can come to Him for rest. Why? Because He is gentle and humble in heart. We can live life His way and find deep rest in our souls.

Key Scripture(s)

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

Matthew 11:28-30 NIV

Start Talking

Find a conversation starter for your group.

- What are some of your go-to ways to find rest?

Start Thinking

Ask a question to get your group thinking.

- Read **Matthew 11:28-30**. How do you typically think about rest? How do Jesus' words influence your perspective? What do they make you think, feel, and want to do?
- What are some differences between physical rest and soul rest?

Start Sharing

Choose a question to create openness.

- Talk about a time when you experienced the rest Jesus described in Matthew 11:28-30. What was that experience like, and how could you have that again?
- Share as openly as you can with your group: How are you really doing lately, and what do you need from Jesus? How can you help one another share these burdens together?

Start Praying

Father, You are more than enough. We lay aside all our efforts to earn our worth and make a name for ourselves. Instead, we trust in Your abundant grace. As we work this week, please bless us with Your rest, knowing we are fully loved and accepted. In Jesus' name, amen.

Start Doing

- Write out Matthew 11:28-30 on paper and place it somewhere you will see it regularly. Spend intentional time reading it throughout the week.
- Start the *Where Is God When Life Is Hard?* Bible Plan using Plans With Friends: www.go2.lc/promise
- Consider how you could love others by serving on the weekend or with a Local Mission Partner