



# GUIDED BIBLE STUDY

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## Find Rest for Your Soul

**Speaker: Mercedes Condon**

**Main Passage: Matthew 11:28–30**

## Highlighted Scriptures

**Matthew 11:28–30 (NIV)**

**“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.”**

## Summary

**In this heartfelt devotional, Mercedes shares a personal moment that began as an effort to encourage a friend—only to realize the encouragement was also meant for her. She reflects on Matthew 11:28–30 and the powerful promise of soul-deep rest that Jesus offers. In a world where exhaustion is both physical and spiritual, this passage becomes a call to not just sleep, but to truly rest in God’s presence. Mercedes reminds us that accepting Jesus’ yoke is a daily, intentional act—one that requires coming to Him, spending quiet time with Him, and learning from His example. Rest is a gift, but also a spiritual discipline.**

## Discussion Questions

- **What does “rest for your soul” look like in your own life?**

- **When was the last time you truly felt rested—spiritually, emotionally, and physically?**
- **What things might be preventing you from coming to Jesus for rest?**
- **How can you be more intentional about taking His yoke and learning from Him daily?**
- **Have you ever tried to help someone, only to realize the message you gave them was actually for you, too?**



## **Devotional Homework**

- 1. Get Rest Today: Take time to come to the Lord. Make space for quiet time in His presence. Ask yourself honestly: How much time am I really spending with God?**
- 2. Take His Yoke & Learn: Reflect on what it means to take Jesus' yoke and learn from Him. Spend intentional time in Scripture and ask, What is God trying to teach me today?**
- 3. Encourage a Friend: Send a Bible verse to someone you know who is struggling. Choose a verse that brings hope. You might just find it's the encouragement you needed, too.**



## **Prayer Prompt**

**Lord Jesus, I'm tired. I confess that I try to carry things I was never meant to carry. Help me come to You. Teach me to rest—not just with my body but with my soul. Show me how to take Your yoke and learn from You. Fill me with Your peace and gentleness today. And help me to pass Your comfort to someone else who needs it. Amen.**

