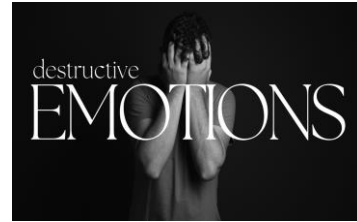


DISCUSSION QUESTIONS

1. If you had one week of vacation in which to recharge your physical and emotional batteries, where would you go to rest, relax, and get rejuvenated?
2. Day to day, what are you most worried about? Why are many Christians frazzled and burned out?
3. Read Matthew 11:20, 25-27. After pronouncing woe on several unrepentant cities, what did Jesus do? Why? How does Jesus describe the unique relationship between him and God?
4. Explain why you think it would please God to reveal the truth of who Jesus is to “little children” and hide it from “the wise and the learned”?
5. What are the characteristics of a child that God seeks in those who would appropriately respond to Jesus? Besides himself, who did Jesus say could know God?
6. Read Matthew 11:28. What kind of people was Jesus addressing? What promise did Jesus make to those who would accept his invitation?
7. Jesus was addressing the heavy loads the religious leaders were placing on others by insisting on a legalistic interpretation of the law. In what ways do you feel weary and burdened right now? What aspects of the Christian life do you find especially taxing and burdensome?
8. Describe the “rest” that Jesus offers. How can you experience that rest?
9. Read Matthew 12:1-8. How does Jesus’ response to the religious leaders provide comfort to the weary and burdened?
10. Read Matthew 11:29-30, Psalm 55:22, and 1 John 5:1-5. In his invitation to “come to me,” Jesus says his yoke is easy and his burden is light. Why are Jesus’ commands not burdensome?
11. In addition to praying, what are some ways you can get to know your Father in heaven more intimately this week? What burdens will you entrust to Christ today?

Destructive Emotions: Worry Matthew 11:25-30



May 8, 2022