

Group Study Guide
November 26-27, 2022
Rest for the Weary
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MESSAGE NOTES:

Matthew 11:28-29

²⁸Come to me, all you who are weary and burdened, and I will give you rest. ²⁹Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls.

1. Condition - 2 Terms

"Come to me, all you who are *weary* and *burdened*, and I will give you rest." (Matthew 11:28)

2. Solution - 3 Imperatives

"*Come to me*, all you who are weary and burdened, and I will give you rest." (Matthew 11:28)

"*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." (Matt 11:29)

STUDY GUIDE:

STEP ONE: Read Matthew 11:28-30 and pray to open your time together in God's word.

STEP TWO: (Optional) Icebreaker: Share what / where would be your dream vacation.

STEP THREE: Discuss Questions

1. What stood out to you the most in this weekend's teaching? What was challenging, encouraging, or confusing to you?
2. In your life right now, what would you say is causing you the most weariness, burden, or fatigue, and how can the group be specifically praying for you?
3. Looking at these verses, how might a Christian view of rest differ from a worldly view of rest?
4. What are some of the things you typically find yourself turning to first instead of God when you are weary or burdened? What is usually the result?
5. Out of the four Gospels, 89 total chapters, there is only one verse that tells us about Jesus' heart, verse 29. When you hear Jesus say that he is "gentle and humble in heart," - why do you think Jesus made it a point to tell us what his heart is like?
6. A "Yoke" was used to fasten two animals together for plowing fields. With this understanding, look at 2 Corinthians 6:14-18 as it relates to idolatry and being unequally yoked. How are we "at odds with God" when we try to remain yoked to both the world and God?
7. Which of the 3 Imperatives (Come to me, Take up my Yoke, or Learn from Me) needs to be the focus for you this upcoming week?

STEP FOUR: Close in Prayer