

Weekend Message Questions

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Practicing the way, week 1

Speaker: Pastor Eric Sebastian

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CHECK-IN

When you think about the idea of “following Jesus,” do you feel eager, hesitant, or somewhere in between? Why?

READ

Matthew 11:28–30

DISCUSS

1. Jesus Invites the Weary to Rest

The message says, “What is Jesus offering in response to your burdens? REST.”

- What burdens or forms of “hurry sickness” (irritability, restlessness, numbness, isolation) feel most real in your life right now?
- Why do you think Jesus begins discipleship with an invitation to rest rather than an invitation to work?
- How does the image of Christian’s burden falling off at the cross (from Pilgrim’s Progress) help you understand what Jesus is offering?

2. Rest Received vs. Rest Learned

The message explains, “Verse 28 was in regards to salvation → rest received. Verse 29 is in regards to discipleship → rest learned.”

- How have you experienced the difference between receiving salvation and learning to live in Jesus’ rest?
- What makes Jesus’ “yoke” feel different from the burdens you tend to carry on your own?
- In what ways have you tried to find rest by doing more or managing life harder instead of learning from Jesus?

3. The Lifestyle of Jesus

The message states, “If you want to experience the life of Jesus, you have to experience the lifestyle of Jesus.”

- What parts of your current lifestyle (pace, habits, priorities) are shaping you away from rest, peace, or spiritual strength?
- Which of Jesus' rhythms—slowness, prayer, solitude, compassion, presence—do you feel most drawn to imitate right now?
- How does seeing discipleship as “Be with Jesus → Become like Jesus → Do as Jesus did” reshape your understanding of spiritual growth?

4. The Three Attributes of a Disciple

The message highlights Jesus' invitation in Matthew 4:19: “Follow me, and I will make you fishers of men.”

- Head – “Follow me”: What does it look like for Jesus to be your authority rather than an accessory?
- Heart – “I will make you”: Where do you sense Jesus trying to transform or remake something in you?
- Hands – “Fishers of men”: How is Jesus inviting you to join His mission in your everyday relationships?

Common Confusions About Following Jesus

- Have you ever confused busyness for faithfulness? What happened?
- Why do you think we often assume following Jesus should remove burdens rather than teach us how to carry them?
- What lies about success, pace, or productivity compete with Jesus' invitation to “learn the unforced rhythms of grace”?

APPLY

- Which part of Jesus' invitation—“Come to me... Take my yoke... Learn from me”—do you most need to respond to this week?
- What is one practical change you can make to slow down, be with Jesus, or adopt one of His rhythms?
- Who in your life needs to see the rest, peace, or gentleness of Jesus through you this week?

PRAYER TIME

Pray together for:

- A willingness to come to Jesus with real burdens
- The humility to learn His way rather than carry life alone
- Transformation of head, heart, and hands
- Strength to live “freely and lightly,” as The Message paraphrase says

Need prayer outside of the group? [Submit a request here.](#)