



WEEK 2

One-Minute Recap

Rest is a sign that we trust God with our whole lives. If we live at our limit, we quit enjoying life at some point. When your soul can no longer bear the weight of your life, you burn out. Rest is not a break from life, it is an invitation for God to restore us in the areas where we feel most broken and in need of repair.

Four base requirements must be met before a sheep will lie down:

- Fear
- Tension
- Aggravation
- Hunger

Which one do you resonate with the most?

REST:

“The only thing that can get sheep to lie down is the shepherd's presence.”

a b c d



Talk about REST

Rest is not the absence of something; it is the presence of Someone. Does that make sense to you? Why or why not?



LEARN -UNBURDEN YOURSELF



Religion often puts burdens on people, which is ironic because Jesus explicitly says his yoke is easy and his burden is light. Let's read what he says.

QUOTE TO CONSIDER

“You don't need to unburden or collect yourself and then come to Jesus. Your very burden is what qualifies you to come. No payment is required; he says, “I will give you rest.” His rest is gift, not transaction. Whether you are actively working hard to crowbar your life into smoothness (“labor”) or passively finding yourself weighed down by something outside your control (“heavy laden”), Jesus Christ's desire that you find rest, that you come in out of the storm, outstrips even your own.”

— Dane C. Ortlund, [Gentle and Lowly: The Heart of Christ for Sinners and Sufferers](#)

READ |Matthew 11:28

Pause on the phrase “Come to me.”

- When you are tired, exhausted, or drained who or what do you go to?

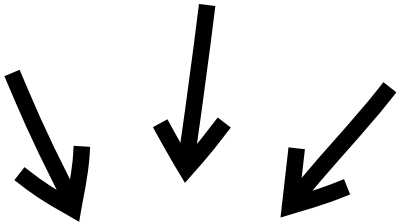
Pause on Jesus' description of himself.

- Does this sound like someone you would want to be with when you are exhausted?



FOLLOW PRACTICE

COME TO JESUS - CREATE A MINI-SABBATH



PLAY THIS WORSHIP
SONG FOR THE ROOM
AND FOCUS ON LYRICS:



FOLLOW UP CONVO

- Where do you need God's help in your life right now?
- What are you trying to carry on your own?
- Pray this over you and your Group. "When I stop striving, God starts restoring."





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