

## Deep Practice Discipleship Guide

### Matthew 11:29 — Rest for Your Souls

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#### 1. Opening Reflection: Last Week's Deep Practice

Begin by inviting the group to reflect on their practice from last week.

##### Prompt Questions:

- What did you commit to practicing this past week?
- Where did you see progress or fruit?
- Where did you struggle or feel resistance?
- What did you notice about your heart, habits, or awareness of Jesus?
- Did anything surprise you?

Encourage honesty and curiosity, not perfection.

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#### 2. Sermon Overview (Leader Guide)

##### Big Idea:

We do not find rest by escaping the yoke, but by taking up the right one—walking with Jesus and learning His way.

##### Key Tension:

A yoke represents work and responsibility.

Rest represents peace and relief.

Jesus brings these together.

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#### 1. Take My Yoke Upon You

- A yoke is shared work, not removed work
- To take His yoke is to:
  - Come under His authority
  - Walk alongside Him

- Share the burden

**Key Insight:**

There is always a yoke—the question is whose you are carrying.

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**2. Learn from Me**

- This is not just learning information
  - It is apprenticeship and formation
  - Walking with Jesus → becoming like Jesus
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**3. Gentle and Lowly in Heart**

- Gentle: strength under control
- Lowly: humility of heart
- Heart: the control center of life

**Key Insight:**

Jesus is not harsh or crushing—He is safe to follow.

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**4. You Will Find Rest for Your Souls**

- Not escape from life
  - Not fewer responsibilities
  - Rest is found in the work, not from the work
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**Heart Application:**

- We are already carrying a yoke:
  - Performance
  - Pressure
  - Control
  - Approval

- We often want relief without relationship
- Our restlessness is internal

**Key Truth:**

You don't need a lighter life—you need a different yoke.

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**Hands Application (Practices):**

- Begin the day under His yoke
  - Walk with awareness of His presence
  - Practice one trait (gentleness, humility, patience)
  - Share burdens with Him
  - Find rest in the present moment
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**3. Group Discussion (Bloom's Taxonomy)**

**Remember / Understand**

- What does Jesus mean by “yoke” in this passage?
- How does Jesus redefine “rest”?

**Apply**

- What “yoke” do you find yourself carrying most often right now?
- Where do you feel pressure, performance, or control in your life?

**Analyze**

- Why do you think we tend to seek relief without relationship?
- What is the difference between working alone and working “with Jesus”?

**Evaluate**

- Which part of Jesus' invitation is hardest for you to accept right now?
- Do you believe Jesus is truly “gentle and lowly”? Why or why not?

## **Create**

- What would it look like for you to intentionally “take His yoke” this week?
  - What is one specific way your daily life could reflect apprenticeship to Jesus?
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## **4. Storying Exercise**

**Story:** *Mary and Martha — Luke 10:38–42*

**Tell the story together (no reading at first if possible):**

- Jesus enters the home
  - Martha is busy and distracted with many tasks
  - Mary sits at Jesus’ feet, listening
  - Martha is frustrated and asks Jesus to intervene
  - Jesus responds: “Martha, Martha... you are worried and distracted... Mary has chosen the better part”
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**Storying Discussion Questions:**

- What stands out to you most in this story?
- How is Martha carrying a “yoke”? What kind?
- How is Mary experiencing something different?
- Where do you see yourself in this story?
- How does this story connect to Jesus’ invitation in Matthew 11:29?

**Key Connection:**

Martha is carrying a yoke alone.

Mary is learning from Jesus.

One is restless in activity; the other finds rest in relationship.

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## **5. Deep Practice Commitment (This Week)**

Invite each person to prayerfully and intentionally choose their practice for the week.

**You may continue:**

- A practice you've already been working on

**Or begin something new based on today's lesson:**

**Options:**

- Start each day:  
"Jesus, I take Your yoke today—I won't carry this alone."
- Pause 2–3 times daily and ask:  
"Am I with Jesus right now?"
- Practice one trait:
  - Gentleness
  - Humility
  - Patience
- When stressed, pray:  
"Jesus, help me carry this."
- Practice present-moment rest:  
"Jesus is with me now."

**Write it down clearly:**

- What will I do?
  - When will I do it?
  - How will I remember?
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**6. Closing Prayer**