

SERMON DISCUSSION GUIDE

“In Search of Rest: Finding Rest” – Pastor Chad Gilligan

6.30.24

1) When were you the most tired/weary? How long did you feel that way?

Read Matthew 11:28-30 – “Come to me, all you who are weary and burdened, and I will give you rest. 29 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. 30 For my yoke is easy and my burden is light.”

2) What is one practical rhythm we can establish to connect with Jesus?

3) What does it mean to take the yoke of Jesus? If you have done it, how has it changed you?

4) Do you need to make space for rest? If so, where can you make that space?

Read Philippians 2:3-4 – “Don’t be selfish; don’t try to impress others. Be humble, thinking of others as better than yourselves. 4 Don’t look out only for your own interests, but take an interest in others, too.”

5) What does gentleness and humility look like to you?

6) Lack of gentleness and humility can be a sign you need rest. What other signs tell you that you need rest?

Read Matthew 11: 28-30 (MSG) “Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you’ll recover your life. I’ll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won’t lay anything heavy or ill-fitting on you. Keep company with me and you’ll learn to live freely and lightly.”

7) Has Jesus lightened a burden in your life? How?

8) What can you do when the rest Jesus offers eludes you?

Prayer: Take time to pray for rest in the lives of those in your group.