



A Better Way

Seeking God's better way to live

PART 1 — A BETTER WAY TO REST

MATTHEW 11:28-30

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AUGUST 23, 2026

MESSAGE NOTES

BIG IDEA FOR THE WEEK:

_____ IS GOD'S DESIGN FOR LIVING THE LIFE HE CREATED FOR US

1. JESUS _____ THAT WE'RE CARRYING BURDENS GOD NEVER INTENDED US TO CARRY

2. JESUS _____ US TO NOT SIMPLY REST FROM WORK, BUT TO REST IN RELATIONSHIP

3. JESUS _____ A DIFFERENT YOKE AND A BETTER WAY TO REST

SMALL GROUP AND DISCUSSION QUESTIONS

1. JESUS SAYS, "COME TO ME, ALL YOU WHO ARE WEARY AND BURDENED." WHAT BURDENS DID WE DISCUSS THAT PEOPLE COMMONLY CARRY THAT GOD NEVER INTENDED? WHAT DID YOU SAY STEALS YOUR REST?

2. THERE IS A DIFFERENCE BETWEEN WORKING FROM REST AND WORKING FOR REST. WHAT HAPPENS WHEN WE WORK FROM A PLACE OF KNOWING WE ARE ALREADY LOVED AND ACCEPTED? WHAT HAPPENS WHEN WE TRY TO EARN OUR WORTH THROUGH WHAT WE ACCOMPLISH. WHERE DO YOU FIND YOURSELF?

3. JESUS DOESN'T SIMPLY SAY, "DROP YOUR BURDENS." HE SAYS, "TAKE MY YOKE UPON YOU AND LEARN FROM ME." WHAT DOES JESUS MEAN BY HIS "YOKE"? HOW IS HIS YOKE DIFFERENT FROM THE BURDENS WE TEND TO PLACE ON OURSELVES?

4. THE END OF THE CREATION ACCOUNT SHOWS GOD RESTING EVEN THOUGH HE WASN'T "TIRED". WHAT DOES GOD'S REST TEACH US ABOUT WHY REST MATTERS? WHAT MIGHT IT SAY ABOUT OUR TENDENCY TO BELIEVE THAT EVERYTHING DEPENDS ON US?

5. IF JESUS REALLY OFFERS US "REST FOR OUR SOUL", WHAT IS ONE BURDEN HE IS TELLING YOU TO GIVE TO HIM AND STOP CARRYING? WHAT IS ONE THING YOU CAN PRAY FOR JESUS TO TEACH YOU THIS WEEK?

DEAR JESUS, PLEASE HELP ME TO FIND MY REST IN YOU. THIS WORLD ENTICES ME TO TRY TO FIND REST IN MANY OTHER PLACES SUCH AS MY HOBBIES, MY WORK, OR IN MY ACCOMPLISHMENTS. BUT YOU TELL ME I CAN ONLY FIND TRUE REST WHEN I SEEK YOU FIRST AND LOVE YOU BEFORE ALL OTHER THINGS. PLEASE HELP ME TO DO THAT. IN YOUR NAME I PRAY, AMEN.