

# Community Group Discussion Guide

## Step 01: Recap what our current series is all about.

**Note:** Remind the group what series we're currently on (since not everyone will have been at church recently) and read through the series description provided below to refresh everyone on what it's all about.

**Series Title:** God Promises

**Main Idea:** What are you struggling with? What are you hoping for? What is it you need Jesus to do in your life? In this series, we look at Jesus' words and find his explicit promises for his followers—promises that seem to always speak directly to our pain.

## Step 02: Recap of this week's message.

**Note:** Read through the message outline with everyone briefly. You can stop and make comments as you see fit or read straight through it. Make sure you take time to read through the main text.

**Message Title:** When You're Tired of Being Tired

**Main Text:** Matthew 11:28-29

**Supporting Text(s):** Matt. 11:25-27

### Message Outline:

Have you ever been so tired that even a nap, a day off or even a vacation didn't seem to help? What if you weren't just tired but depleted? What if it wasn't just your body that was worn out, but it was also your spirit that was dragging? The good news is Jesus promises us rest—real rest—for our souls.

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*Jesus' invitation is for all.*

- Matthew 11:28-29 says, "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."
- The Greek word for weary used here (*kopos*) is more than just a physical tiredness—it runs soul deep.
- Jesus invites **anyone** who is weary to come to him and find rest.
- When Jesus speaks of taking his "yoke", he is not saying "I will take away all your burdens" but rather "I will make your burdens something you can carry"

*Jesus' gives us rest **in** work, not rest **from** work.*

- The Greek word found in the phrase "rest for your souls" in Matthew 11:29 is *anapausin*. It means an inner peace while doing what needs to be done—or in other words, "peaceful productivity".
- We see this in Jesus' own life. He had a heavy calling. He had significant burdens that he was carrying, yet he was never rushed nor did he retreat from the work that was his to do.
- Jesus offers us a rest from striving.
- Rest is whatever refocuses us on the grace, the goodness, and glory of God.

Some ways to rest:

- Sabbath

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- Spend time with people you love
- Prayer walk at lunch
- Quiet car ride / worship music in the car ride
- Solitude and silence

### Step 03: Lead group discussion.

**Note:** Do your best to keep the discussion going. Make sure you have read through the questions beforehand and are primed with thoughts of your own. Make everyone get specific with *how* they will apply this message in their own lives and in community—*no vague ideas allowed!*

#### Specific to this week's message:

1. Have you experienced moments or seasons of weariness? Are you in one of those seasons now? What parts of life make you feel weary?
2. How can you tell the difference between being tired (needing to rest or slow down) and being weary (feeling depleted physically, emotionally, and spiritually)?
3. Have you had moments in your life (and faith) where you feel like you've been able to come to Jesus and receive rest in the midst of your weariness? Share with the group.
4. When you think about Jesus' promise here, does part of you wish that Jesus was offering us rest **from** work? Are we ok with the idea that Jesus is instead offering us rest **in** work?
5. What are some ways you are able to bring your burdens to Jesus and "take his yoke"? What rhythms of rest do you currently have in your life? What rhythms might you need to add?

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### **General questions:**

6. How did this message encourage you? How did it convict you?
7. What is your plan for applying this message to your personal/daily life?
8. What might it look like for us to live this out in community?
9. Was there anything about this message that stood out to you?