

### **Main Idea**

Jesus does not give weary people more religion.  
Jesus gives weary people Himself.

### **Opening**

Welcome everyone and say:

Tonight we're talking about weariness, not just physical tiredness, but the deeper kind Jesus speaks to in Matthew 11. This is not about pretending we are fine, it's about bringing what is real to Him.

### **Icebreaker:**

What is one kind of tired that sleep does not fix?

### **Scripture**

Have someone read aloud: **Matthew 11:28–30**

Say:

Jesus is speaking to people who are weary and burdened. He doesn't begin with shame, He begins with an invitation.

### **1. Weary: Where are you weary?**

**The sermon described four types of tired: body, mind, emotional, and soul.**

- Which one do you relate to most right now?
- What has been draining you lately?

#### **Leader Note:**

*Keep this honest, but don't let it become only venting. After a few responses, gently move the group toward Jesus' invitation.*

### **2. Burdens: What burden are you carrying?**

**"Weary is what happens inside of you. Burdened is what weighs down on you."**

- What is something people may not see, but you've been carrying?
- What makes it hard to bring that honestly to Jesus?

#### **If needed, prompt with examples:**

Responsibilities, family pressure, strained relationships, grief, regret, bitterness, secrets, or the pressure to hold everything together.

### **3. The Yoke: What yoke are you living under?**

**"The problem is not that you have a yoke, it's the wrong yoke."**

- What is one "wrong yoke" people often carry?
- Which one feels most familiar to you?

#### **Examples:**

Approval, shame, control, success, image, secret sin, religious performance, trying to prove yourself

#### **Leader Note:**

*This is a key moment. Help the group see they may not be weary because Jesus is heavy, but because they are carrying something He never asked them to carry.*

### **Scripture Reflection:**

Read: **Psalm 23:3**

- What would it look like for Jesus to actually refresh your soul?

Read: **Romans 8:1**

- Why does it matter that we come to Jesus without condemnation?

### **Application**

There are three invitations:

- Come to Jesus for the first time
- Come back to Jesus after drifting
- Bring Jesus your real burden

### **Question:**

Which invitation do you need to respond to?

### **Next Step:**

What is one practical way you can bring that burden to Jesus this week?

### **Examples:**

Pray honestly, confess to someone, ask for help, stop pretending, repent, release control, receive grace instead of shame

### **Salvation / Surrender Moment**

*Leader Note:*

*Before we close, create space for anyone who needs to come to Jesus for the first time or return to Him. Say: Jesus does not invite you to religion first, He invites you to Himself.*

*He carried sin on the cross so you could be forgiven, made new, and brought back to God.*

*If you're ready to trust Him or return to Him, pray this:*

### **Prayer (repeat together):**

Jesus, I come to You.

I am weary, and I need You.

I have carried sin, shame, fear, and burdens.

I believe You died for my sin.

I believe You rose again.

I receive Your forgiveness.

I surrender my life to You.

I choose Your way and Your yoke.

Give rest to my soul.

Today, I trust You.

Amen.

### **Leader Follow-Up**

- Ask: "Did anyone pray this for the first time?"
- Celebrate and encourage any response
- Follow up with Pastor Jake for next steps

### **Closing**

#### **Final Question:**

What is one burden you want the group to pray with you about this week?

Close in prayer together.