

**He Promises—
When You're Tired of Being Tired**

“Come to me, all you who are weary and burdened, and I will give you rest. ²⁹Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls.”

Matthew 11:28-29 NIV

***kopos*: exhaustion from intense labor or trouble; weary from a physical or emotional beating**

***anapausin*: inner rest or peace while doing what needs to be done; peaceful productivity**

Rest is whatever refocuses you on the grace, the goodness, and the glory of God.

TALK IT OVER

Read **Matthew 11:28-30**. How do you typically think about rest? How do Jesus' words influence your perspective? What do they make you think, feel, and want to do?

Talk about a time when you experienced the rest Jesus described in Matthew 11:28-30. What was that experience like, and how could you have that again?

Share as openly as you can with your group: How are you really doing lately, and what do you need from Jesus? How can you help one another share these burdens together?