



## REST PT.1: YOKE

If you have a pattern of having someone share their *Story of Faith* (life before Jesus, encountering Jesus, life since/lately with Jesus) and/or sharing *Evidences of God's grace*, begin with that, followed by a time of thankful prayer for Christ's work in the individual's life/the grace in your lives.

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### OPENING COMMENT

We are living at a frenetic pace. As the most technologically advanced age, we are also the most distracted one. Hurry is the great enemy of the spiritual life. In all the busyness of life, how do we keep from allowing our discipleship to Jesus from being relegated to the periphery of our lives? How can we accept the invitation of Jesus to deep soul rest?

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### READ THE TEXT: Matthew 11:28-30

<sup>28</sup>Come to me, all who labor and are heavy laden, and I will give you rest. <sup>29</sup>Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. <sup>30</sup>For my yoke is easy, and my burden is light."

### DISCUSSION QUESTIONS

1. What are your answers to these questions?: 1) Are you too busy? 2) Do you find your weekly routine manageable? 3) Are you able to relax and truly rest? 4) Would you say that you're spiritually tired or at rest?
2. Either you manage your calendar or your calendar manages you. Would you say that you keep good boundaries with your time?
3. Michael Zigarelli identified *busyness* as *the major distraction from life with God*. Would you agree?



4. In verse 28 Jesus says, *“Come to me, all who labor and are heavy laden, and I will give you rest.”* It’s a call to stop striving to merit salvation on our own and to rely on His performance. Why is religion a heavy weight and work, while the gospel is light and rest?
5. Jesus makes another invitation in verse 29 when He says, *“Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls.”* What does it mean to take on His yoke and learn from Him? How do we find rest for our tired souls through walking with and learning from Jesus in our day-to-day lives?
6. Michael Zigarelli summarizes his research by saying, *“(1) Christians are assimilating to a culture of busyness, hurry and overload, which leads to (2) God becoming more marginalized in Christians’ lives, which leads to (3) a deteriorating relationship with God, which leads to (4) Christians becoming even more vulnerable to adopting secular assumptions about how to live, which leads to (5) more conformity to a culture of busyness, hurry and overload.”* Spend some time brainstorming together what it would look like for you to not succumb to the culture of busyness but to apply the way of Jesus to your lifestyle here and now? What would it look like in a given week in your life? What would it look like in your life in general?
7. Is there anything that is time consuming in your life that you would like to forsake? Is there anything about the lifestyle of Jesus that you would like to adopt into your routine that you are not at this time?

## CONCLUSION

Jesus makes two phenomenal invitations to tired people in this text. The first is to come and trust Him for salvation, relying on His finished work and not our own. This provides rest for our souls here and now and for eternity. The second is to take up the way of Jesus by being yoked to Him. This teaches us the unforced rhythms of His grace. Jesus has performed all for us. Now we can rest in Him.

## SHARE & PRAY

- Share how you can pray for each other around rest and good soul care.
- Conclude by spending some time praying for one another, for the areas of growth and grace you are seeking, and the needs among you.

