

SUNDAY HANDOUT FOR DISCUSSION AND APPLICATION - June 7

Rest for the Restless Soul (Matthew 11:25-30)

Are you tired and worn down? Going through the trials of life, it is easy to find ourselves exhausted. For so many of us there lies a tiredness that we can't shake, no matter how much sleep or downtime we get. There are so many things that seem to promise life but in the end leave us empty, longing for more. In Matthew 11:25-30 we see that in the midst of these burdens, Jesus invites us to come to Him for rest. He calls us to trust him, learn from him and find the true rest for our souls that is found in Him alone.

1. Trust in the One who is over all things (Matthew 11:25-27)

2. Go to the One who is rest for your soul (Matthew 11:28-30)

QUESTIONS (Pray, read the passage and pick 4-5 questions to discuss. Trust the Holy Spirit to guide.)

1. Read Matthew 11:25-30. What immediate observations stand out to you? 2. Why is Jesus's prayer, a prayer of thankfulness to the Father?
2. What do people you know – friends, neighbors, family, coworkers – say about authority? How do they (you) respond to it?
3. What in this passage assures us that Jesus is worthy of our complete trust?
4. Who does Jesus choose to reveal His truth to? How does that make you feel?
5. Jesus tells us to come to Him for rest, where else are you tempted to go for rest? What are some counterfeit rests in your life?
6. What are you striving for that leads to restlessness in your life? How does the gospel give us true rest?
7. What does it mean for us to take on Jesus's yoke? Are there areas of your life you have not submitted to him?
8. Jesus invites us to learn from Him. How can we devote our lives to life-long learning from Him?
9. Jesus gives us a glimpse into his heart when he says he is gentle and lowly. How does knowing who He is move us in worship and adoration of Him?