

Title: Come Rest with Jesus

Text: Matthew 11:28-30

Date: September 12, 2021

WARM-UP QUESTIONS:

1. What is life-giving rest? How does it differ from our conventional understanding of “rest”?
2. Describe when you experienced life-giving rest.

REFLECTION QUESTIONS:

1. Jesus talked about a yoke “that fits” and a “burden” that is light. What do you think he was referring to with those terms?
2. Why do you think Jesus starts this passage with “Come...”?

APPLICATION QUESTIONS:

1. What barriers do you need to overcome to be able to experience the rest that Jesus invites you to in this passage? Why are they barriers for you?
2. What is it like to experience the rest that Jesus is talking about?