

THE OFFER

Matthew 11:28-30

MAIN IDEAS FROM THIS WEEK

1. JESUS TELLS US WHAT WE ARE
2. JESUS TELLS US WHY WE ARE RESTLESS
3. JESUS TELLS US HOW TO RECEIVE REST
 - Understand who Jesus is
 - Understand we are already yoked to something
 - Understand the heart of Jesus

DISCUSSION QUESTIONS – Pick two or three of these to talk about as a group

1. What was most helpful for you from this week's message? Why?
2. By offering us rest, Jesus is implying that we are restless. Where do you feel restless right now?
3. We all look for rest in various ways. Pastor Ryan pointed out this week that where you find rest determines the kind of rest you find. Where do you find rest? How would you describe the type of rest it provides you?
4. If most people in the world today are not trying to follow the law of God, why do we still feel a nagging sense of inadequacy? How does Jesus give us rest from this inadequacy?
5. We are all already yoked to something. There is something that we are relying on to get us through life and that we are looking to for rest. What are you yoked to?
6. Finding rest by "yoking" yourself to Jesus means more than being a "part-time" disciple. It is a complete centering of your life on Him where every area of your life is under his authority. What might look different in your daily life if you yoked yourself to Jesus? What can we do to move ourselves more and more toward Jesus and the rest He provides?
7. Matthew 11:28-30 is the only time in all four of the gospels where Jesus describes His own heart. He chooses to describe his heart as gentle and humble/ lowly. Where have you seen and experienced the gentleness and humility of Jesus?

A TRUTH TO TAKE WITH YOU: "Come to Me, all of you who are weary and burdened, and I will give you rest. All of you, take up My yoke and learn from Me, because I am gentle and humble in heart, and you will find rest for yourselves. For My yoke is easy and My burden is light."