



NEW HORIZONS SMALL GROUPS

Sermon Title: Rest For The Soul

Scripture Reference: Matthew 11:28-30

Connection:

- What do you remember most from last week's sermon?
- How did you hear God's voice or sense His presence this past week?
- What are you looking forward to this winter?

Reflection:

- Summarize this week's sermon in one to three sentences. What was the main point of the message?
- What did the message say about you, God's people or the world?

Application:

1. Read the Scripture - **Matthew 11:28-30**
 - **Weary** 2844.7 laboring / kopiontes **weary, fatigued**, work hard, hard labor / Gk **exhaustion after they got beaten with blows. Physical and Mental effort. Not so much the work itself as much as the effects of the work**
 - **Burdened** 5248.2 having been burdened / pephortismenoi / Related to Phortos The cargo of a ship. & Phortis freighter. Generally meaning **to carry away a load**. Or be burdened with a load. Mentions beats loaded with dry hay.
2. When under a load, some people will feel the immediate impact of weariness or being beaten down. Others will just keep pressing forward until one day they drop. Which do you tend to be?
3. The compass refers to the reality that God is to be our spiritual compass. Just as there are magnetic pieces of land north of Spokane where you can lose your direction because your compass will be off. Our weariness can cause spiritual vertigo. We can lose direction, even finding ourselves making real bad decisions or become extremely

indecisive thinking we are seeing correctly.

Have you ever found yourself in this spiritual dilemma? How did you identify it?

Receiving godly rest - how do I receive the rest Jesus gives?

1. Read Matt 11:28 – “...all of you who are weary and carry heavy burdens...”

Identify the burdens. What is loading you down? Where is it coming from? What does my mind focus on when I sense stress?

Take a few minutes and write down the stressors in your life.

2. How do I receive the rest Jesus gives? 2. Matt 11:28 – *Then Jesus said, “Come to me...”*

Ask God to help you make space to be still before Him. Be quiet, shut off the noise makers, or go for a walk. In Your heart, go to Jesus.

What things do you do to step away in order to hear God?

3. How do I receive the rest Jesus gives?

Matt 11:29 – *Take my yoke upon you. Let me teach you*

- a. Give your burdens to Him – this scripture is by implication. You cannot wear two yokes. In order to take on Jesus’ yoke, you have to hand off your yoke. What would this look like for you?
- b. Then take His Yoke. In Jesus day, the yoke was tailor made. The carpenter would measure the ox, then begin carving the wood. Then later try it on and make more marks and carve again until the yoke is well fit to the ox. How do you know you have God’s yoke fitting you as it should? What should be the result?
- c. Acknowledge that Jesus is carrying the heavier load right beside you. This is such a big concept. In Jesus day and in context of the Bible there always is a team of two oxen. The application is you are a learner and you are yoked up to Jesus who is carrying the brunt of the weight. He is carrying the load, but you are working at your purpose. Can you come up with examples of how you have experienced Jesus making the difference in the yoke you were bearing?

4. How does God want you to adjust your life given the challenges of this scripture?

5. How does this process create rest in your soul?