

“Come Rest in Jesus” – Matthew 11:25-30
Sermon Discussion Questions – April 30, 2023

The “expressive individualism” of our culture says that you are “free” to define and control your own meaning, sexuality and purpose. If this is so, why is there such pathological anxiety in our culture?

Respond to this comment: “The root of our anxiety and exhaustion is because we live with disordered loves leading to distorted lives.”

Jesus said, “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” (Mt 11:29). Chuck shared the basis for this statement is found in Deuteronomy 6:16: “Thus says the Lord: ‘Stand by the roads, and look, and ask for the ancient paths, where the good way is; and walk in it, and find rest for your souls. But they said, “We will not walk in it.”” Consider the consequences of the following:

- The pathway to rest is in Jesus – is this just a simplistic religious comment or a true statement?
- The pathway to condemnation (see the “Woes” in Mt 11:20-24 and Jeremiah 6:18-19) is rejecting Jesus.

Jesus’ promise is “rest for your souls” (Mt 11:29). Describe the difference between soul rest and soul exhaustion.

Chuck asserted that “Come to me” means listening to and obeying God’s Word. How can that bring rest to one’s soul?

Chuck shared one reason for self-reliance (and lack of trust in God) is being hurt and exercising hyper-vigilant self-protection: “Hurt me once, shame on you; hurt me twice, shame on me.”

- How does lack of trust in God create fear of vulnerability?
- How does lack of trust in God push one to hyper-individualism?
- How does lack of trust in God exhibit a practical atheism?

How do you respond when someone (like Chuck) vulnerability shares about their struggle to trust God?

In a profoundly unsafe world, what does it mean to rest in the sovereignty of God?