

SMALL GROUP DISCUSSION GUIDE

1. Based upon the events of an average week of your life, is rest something you value? What is the biggest burden that keeps you from resting?
2. Read today's passage (Matthew 11:28-30), review the sermon points, and share anything from the sermon that you found especially interesting, challenging, or useful.
3. Jesus doesn't give us "10 ways to relieve our weariness" instead he gives us a simple promise. What do we learn about the character of Jesus from this passage? Does this sound audacious to you? If so, why?
4. What does it mean when Jesus says "Come to Me"? (vv. John 1:12, 1 Peter 5:7, Proverbs 3:5, 2 Corinthians 4:8-9)
5. If what Jesus promises is "rest", why does he tell us to put on his yoke? (vv. John 6:29, 15:4, Colossians 1:14, Philippians 4:19)
6. Describe a time when you experienced the rest and compassion from Jesus that he describes in today's passage? What steps might you take so you can experience his rest more fully in your life every day?