

## PRACTICING REST WITH JESUS IN HIS EASY YOKE

**KEY IDEA:** To live and work in Jesus' rest: **Don't try—train.**  
**1 TIMOTHY 4:7; HEBREWS 4:11**

- **PRAY ABRUPTLY**
- **MEDITATE ON THE INTIMACY BETWEEN  
GOD AND JESUS**
- **LOVE TENDERLY**
- **ENJOY SABBATH REST**

**BREATH PRAYER TO PRACTICE RESTING  
IN GOD'S PRESENCE:  
"IN JESUS' NAME...NOT MY STRAIN."**

**RESOURCES:**

*Your Best Life In Jesus' Easy Yoke* by Bill Gaultiere  
SoulShepherding.org and SoulTalks Podcast

**next week:** JONAH: A STORY OF DEEP MERCY

## PRACTICING THE WAY OF JESUS

**FEBRUARY 23, 2020 | PRACTICING REST**  
BILL AND KRISTI GAULTIERE

*Jesus – "I have come that they may have life, and have it to the full."*  
**JOHN 10:10B NIV**

**BOTTOM LINE:** Stress and sin drain your soul, but Jesus offers rest and renewal in His **easy yoke**.

### BEWARE OF THESE REST ROBBERS

- **HURRY**
- **PEOPLE-PLEASEING**
- **ANXIETY**
- **A BIBLICAL BLUNDER**

*"Abruptly Jesus broke into prayer: 'Thank you, Father, Lord of Heaven and Earth. You've concealed Your ways from sophisticates and know-it-alls, but spelled them out clearly to ordinary people. Yes, Father, that's the way You like to work.' Jesus resumed talking to the people, but now tenderly. 'The Father has given Me all these things to do and say. This is a unique Father-Son operation, coming out of Father and Son intimacies and knowledge. No one knows the Son the way the Father does, nor the Father the way the Son does. But I'm not keeping it to Myself; I'm ready to go over it line by line with anyone willing to listen. Are you tired? Worn out? Burned out on religion? Come to Me. Get away with Me and you'll recover your life. I'll show you how to take a real rest. Walk with Me and work with Me—watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with Me and you'll learn to live freely and lightly.'" MATTHEW 11:25-30 MSG*



This Study Guide is designed to help you apply Sunday's message. Join one of our message-based Community Groups to do this study together. Visit the Groups table after service to find a group!

**LESSON AIM: The aim of this lesson is to incorporate the practice of rest like Jesus.**

BELONG in God's family:

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**CHECK IN:** (optional) Let's briefly check in with one another. How are you doing?

**OPENING PRAYER**

**ICEBREAKER:** Can you think of a time when you felt rested, revived, and refreshed? Describe that time to us.

BECOME like Jesus:

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1. Sunday's message focused on the importance of rest. How did the Holy Spirit speak to your heart? What caught your attention in the message?
2. Let's read Matthew 11:25-30. Jesus invites us to come to Him when we are burdened so that we can find rest in Him. What do you think it means to take Jesus' yoke and learn from Him?
3. God designed a day of rest for His people called the Sabbath day. What do these verses say about the Sabbath, and do you think it's important to observe a sabbath today? What does sabbath look like to you? Exodus 20:8-11; 19-20; Hebrews 4:9-11.

4. In Luke 5:15-16 we see Jesus in an overwhelming and demanding situation. Then He leaves to be with the Father and practice rest. What are some possible disciplines of rest that could help us slow down and focus on Jesus?
5. Let's read the story of Mary and Martha in Luke 10:38-42. Do you identify more with Mary or Martha in this story? If you could get inside each woman's head, what messages do you think they told themselves that drove their behavior? How do you relate to this?

BLESS others:

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Let's take a look at Galatians 6:2. This verse encourages us to share our burdens with one another. How does this bring us rest? Can you think of an example where you felt a greater rest and peace when supported by others?

BUILD God's Kingdom:

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Read Mark 4:35-41. Jesus faced a crisis with fearlessness and trust and called His disciples to also have these qualities. How might having a peaceful trust attract people who are distant from God?

BELIEVE God and act in faith:

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What do you sense God inviting you to do in response to this study? What is your next step when it comes to incorporating rest into your rhythm of life?

**PRAYER:** What is a challenge you are facing this week? How can we pray and support you?

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