

House Church Gathering Discussion Questions

Sunday February 1, 2026

“Come and See the Heart of Jesus”

Scripture: Matthew 11:28-30

²⁸ “Come to me, all you who are weary and burdened, and I will give you rest. ²⁹ Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. ³⁰ For my yoke is easy and my burden is light.”

Summary: Most of us live tired. Not just physically tired—but *mentally* tired. Emotionally tired, tired of trying to keep up, keep calm, keep succeeding, keep proving we’re okay. We’re told:

- “Work harder.”
- “Be better.”
- “Don’t fall behind.”
- “Don’t let anyone see you struggle.”

And even if you’re not religious, you’ve probably felt the pressure to **measure up**—at work, in relationships, or even with yourself. In the middle of that noise, Jesus offers something surprisingly simple: “*Come to me, all you who are weary and burdened, and I will give you rest.*”

Discussion Questions:

1. What are some of the “invisible burdens” people carry today that others rarely see?

- Where do you personally feel the most pressure to perform or keep it together?
- What makes it hard for people to admit they’re tired or overwhelmed?

2. When you think about “rest,” what does real rest actually look like for you—and why is it so hard to find?

- What have you tried that *didn’t* bring lasting rest?
- What do you think people are really searching for when they say they want peace or balance?

3. Jesus describes himself as “gentle and humble.” How does that compare to your assumptions or experiences with religion or religious leaders?

- What kind of teacher or guide feels trustworthy to you?
- If faith were more about rest than rules, would that change how you view it?