

Redeem Your Rest

Matthew 11.25-30

1. Where is your go to place when you just need to rest? Is it a room in your house? A specific vacation getaway? Do you go there enough?
2. When you just need to rest do you prefer to be alone or surrounded by other people? Does it depend on the situation? Which do you think is better for healthier rest?
3. Why is the gospel hidden from the wise and understanding (v25)? How are you like them?
4. Who are the little children (v25)? How are you like them?
5. What does Jesus mean that all things have been handed over to Him by the Father (v27)?
6. When you are carrying a burden do you spend more energy running to God or away from Him? What do you do when you run to God? What do you do when you run from God?
7. If rest begins at the feet of Jesus, what does that look like for you?
8. Why does the rest Jesus offers us not necessarily involve changing our circumstances? How does this work?
9. What does Jesus mean when he says learn from me? How can this help us rest?
10. How well do you fit under Jesus' yoke? What needs to change in your life to get a better fit?