

10/5/2025 – MAGNETIC FAITH
RESTING AND WORKING (Matthew 11:25-30)

Icebreakers:

- Would you rather work or go to school every 2 days and have the third day off or every 10 days and have five days off?
- What makes you feel rested?

Read: Matthew 11:25-30

- What is happening in the surrounding context?
- What is a yoke? What does Jesus mean by taking his yoke on you?
- What do these verses say about the character of Jesus?
- What is rest for the soul?

Additional Questions:

- What do you think most people think rest is?
- What is the Sabbath and what is its purpose?
- How can you practice Sabbath/rest in your life?
- What kind of work do you see Jesus doing in Scripture?
- What does it look like for us to do the same kind of work as Jesus?
- Do you lean more toward resting or working?
- How can you rest more while working and work more while resting?