

Rest for the Weary

How are you experiencing life these days? Is it full of peace, joy and satisfaction? Is it a life full of rest? Or would you say that there are wearying burdens, stresses, unresolved circumstances, busyness and even sinful habits that are weighing you down and making life anything but restful? There is good news! Jesus offers rest for the weary. The rest that Jesus offers is found through following Him in a life of discipleship. Whether today's passage is familiar or fairly new, may we each hear Jesus' offer and trust Him to give us the rest that He promises.

Opening Discussion: What are the burdens that you are carrying? What is making you weary in soul these days? Make a list.

Read Matthew 11:25-30

1. What does this passage reveal about the Father? About Jesus?
2. What does it mean to be "weary and heavy-laden" (v. 28)?
3. To the weary and heavy-laden, Jesus offers rest. What is this rest (see also Jeremiah 6:16)?

4. How might the rest that Jesus offers be connected to his ministry of revealing the Father to the humble (v. 27)?

5. To the one who is seeking rest, Jesus commands him or her to take up His yoke and to learn from Him (v. 29). How do you understand each of these commands? How are they connected to experiencing rest?

Steve said:

Whatever your burdens, notice what Jesus is offering here. He is not merely offering free advice or a set of principles to follow; He is offering a relationship in which He will impart rest. In verse 29 Jesus explains that this rest is a byproduct of discipleship, of learning from Him how to live one's life.

6. Why do you think rest is a byproduct of walking as a disciple of Jesus?

7. Are you apprenticed to Jesus? Are you committed to learning from Him in relation to the burdens you are carrying?

8. Jesus says he is "gentle and humble in heart." How is this helpful knowledge as you think about following Jesus in a life of discipleship?