

Life Group #3: Rest
Matthew 11:25-30

Objectives: We want to see that Jesus is the only source of rest for our souls. We want to understand the incredible offer he gives us: Come to Him and take His yoke (which is easy and light) and as a result we receive rest for our souls. We want to act by coming and learning from Him. We want to learn what it means to “take His yoke”.

For the leaders:

Jesus gives this incredible offer on the heels of denouncing those that refuse to repent and follow Him. His offer is for all who “labor and are burdened” which I think describes 98% of the people we talk to on campus. The key discussion will be on what it means to take his yoke. Another key discussion will be on what we look to for rest other than (or instead of) Jesus.

Getting to Know You (15 minutes)

Launch Use your own words... (3 minutes)

We don’t know why all of you are here, but we are glad that you are. **We believe that Jesus is the King who is worth following with all of our life. We also know that people are at different places in that process. We want this to be a safe place where people can follow Jesus no matter where they are at in the process. Each week we are going to read a passage and ask some basic open-ended questions to help us engage with the person of Jesus.**

[Make sure to pass around info sheet for name, room #, phone, email, etc...]

What is your personal definition of rest? When your tired, what’s the first thing you turn to for rest?

The dictionary definition of rest is ‘to cease work or movement in order to relax, refresh oneself, or recover strength. When looking at this definition, it seems like the best way to find rest is to stop what you’re doing and relax until you are refreshed.

Tonight, we’re going to look at Jesus adding to this definition of rest.

Explore

Read Matthew 11:25-30

- **Before we start, are there any words that need to be defined?** (*Yoke- A piece of wood that put across 2 animals backs to enable them to do work together. It was also used to have a stronger animal train and guide a younger/weaker animal*)

- **How would you describe Jesus in this passage?**
- **What do you “see” in Jesus that would cause you to want to follow Him?**
- **What do you see that would cause you to not be interested in following Jesus?**
- **How does this picture of Jesus challenge your standard view of Jesus?**
- **What does this passage teach us about people?** (*we are weary and burdened. We are already “yoked” to something since Jesus tells us we should take “MY Yoke”. It implies there are other yokes and that we all have one other than Jesus. In the OT, yoke was imagery used with the law. And this also still works if you are someone desiring to be unyoked, believing independence is more restful than Jesus.*)

Apply

- **What does Jesus offer in this passage?** (*An easy Yoke and Rest for our souls*)
- **What do we need to do to get rest?** (*We need to come to Him and take His yoke*)
- **What is His Yoke?** (*He is the yoke. We need to take Him as He is and be His disciple (learner)*)
- **What are the things in life that make you weary and burdened?**
- **Is there a difference between “rest” from the the launch definition and the “rest for our souls” Jesus mentions?**
- **Why would stopping and resting, (or disengaging and relaxing), not give you as much rest for your soul?** (*hitting the heart condition of wanting to ‘unyoke’ for independence so you can rest*)
- **When we want to disengage, we can often think we need to disengage from Jesus as well. What do you turn to get rest, but still doesn’t give you “rest for your souls”?**
- **Why would you choose to attach yourself to another yoke for either rest or work?** (*you can make your own illustration. My ex. was why would you choose me, Nathan Reynolds, over Courtney Reynolds to make the staff team breakfast, when Courtney is clearly the*

stronger partner. Answers could be, more praise for yourself, able to boss Nathan around, Nathan would accept a lower standard and less preparation, Courtney might want to do things a certain way while you can do everything your own way etc. You are trying to hit on heart condition of why people are attracted to a lesser yoke)

- **What do you need to believe or remember about Jesus to desire to take his yoke?**
- **What is your next step? What do you need to do to come to Jesus, take His yoke upon you and learn from Him?**

Announce

- Describe Real Life. Set up a time for dinner and for going to RL together.