

Jesus in His own words #3: Humble and Gentle  
Matthew 11:25-30

**Objectives:** We want to see that Jesus is humble and gentle. We want to see that he is the only source of rest for our souls. We want to come to Him for rest.

**Getting to Know You (5 minutes)??**

*Based on who's in your group, pick a quick icebreaker or highs/lows, keep helping people learn each other's names.*

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

A 2016 study of college students found that over 60% of students felt overwhelmed or anxious on a weekly basis. **What are the things that burden students? What are some of the things that cause students to feel so overwhelmed?**

As we continue our life group series on "Jesus in His own words" we are going to look at a passage that is very relevant and hopefully lifegiving for college students today.

**Explore**

**Read Matthew 11:25-30**

- **Before we start, are there any words that need to be defined?** (*Yoke- A piece of wood that a farmer 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 does Jesus describe himself in this passage?** (*Son, humble, gentle, giver of rest*).
- **Why would someone want to follow a God who describes himself as gentle and humble?**
- **What does Jesus offer to his followers?** (*rest for their souls*).
- **What do you think rest for your soul means?** (*contentment? Freedom of fear? Freedom from striving?*)
- **What do we need to do to get this rest, according to what Jesus says?** (*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]*)
- **Is there a difference between "rest" and "rest for our souls"?**

- **What do you turn to other than Jesus to get "rest for your souls?"** (*Could be things like approval from people, being significant or right, comfort, etc...*)
- **What does this passage imply happens when we turn to or yoke ourselves to anything other than Jesus to find rest?** (*We become weary and burdened.*)
- **In verse 25 Jesus likens his followers to little children. What can we learn about following Jesus from little children?** (*little children know they are helpless so they are quick to cry out for help. Jesus contrasts children with "wise" people who were too proud to come to him and take his yoke.*)
- **We all carry a lot of burdens and it can wear us down. In which areas of your life do you feel most weary or burdened right now?** (*this could be a good place to share in smaller groups if you have a lot of people.*)

**Apply**

*This is a really important theme, and we want people to slow down and process, so you could consider giving your group some of these questions allowing them to journal or talk in pairs before sharing.*

- **What is the connection between the Yoke and the Rest?** (*Yoked with Jesus=soul rest; yoked to anything else=weary and heavy-laden [ties with launch question: overwhelmed and anxious]*)
- **In the midst of your life at school, what could it look like to yoke yourself to the One who is Gentle and Humble in heart?**
- **How can we help each other with this?** (*It's really hard to do!*)
- **What are some areas of your life that you need to become like child, let go of the world's yoke and come to Jesus?**

**Announce**

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