



DISCUSSION GUIDE:

Instructions

This discussion guide is to help you facilitate a conversation with your small group. The “Getting Started” section serves as a quick opener and introduction to the group conversation. In the “Talk it Over” section, feel free to use all or only some of the questions. Again, our hope is to have meaningful and encouraging conversations around the passage used in the sermon, not simply answer all the questions. Give each member of your group opportunity to respond. Take your time. Finally, the “Live it Out” section is to help identify a specific next step. Use these questions as a guide to find practical ways to apply the passage to our everyday life.

Getting Started

- ▼ What stood out to you in this week’s sermon? What is one thought from the message that made you hopeful? What prompted questions?

Talk it Over

- ▼ On this Mother’s Day, what is the most important lesson your mother (or a mother-like figure) has taught you?
- ▼ **Read Matthew 11:28.** To whom does Jesus issue the invitation to “come” to Him? Why would the people listening to Jesus be weary or burdened? What about Jesus’ invitation is radically different from what other religious leaders were saying? Why should this encourage us? In what ways is our physical, emotional, and spiritual “weariness” connected? What kind of “rest” is Jesus going to give us – spiritual or physical or both? Why?
- ▼ **Read Matthew 11:29-30.** What does it mean to “take” Jesus’ yoke? How are we to learn from Jesus? How can Jesus claim His “yoke” and “burden” are easy and light? What does this mean? Of all the ways Jesus could describe His heart, why do you think he chose gentle and lowly? What impact does this have on our ability to trust Him? How does Jesus being gentle and lowly help us understand what it means to take up His “yoke” and to learn from Him? How does following Jesus and obeying his “yoke” help us find “rest for our souls”?

Live it Out

- ▼ What is one thing keeping you from finding **REST** in Jesus? What is one practical way you can remind yourself (and others) to **REST** in the work (his death, burial, and resurrection) and ways (teachings / example) of Jesus?

