

A Theology of Rest
How the soul finds rest in Christ
Matthew 11:28-30

Take-Home Truth: *With the advent of Christ came the advent of rest.*

Christ-Connection: *Behind your need for rest lies your need for Christ.*

Reflect: *(Go deeper in the Word and in our world)*

1. *As a group, read Matthew 11:28-30. What stands out to you most from this text?*

2. *How does the life of others around me reveal their pursuit of rest? How does my life reveal where my pursuit of rest is?*

3. *We're all prone to become weary under the burden of the Law, the burden of sin, and the burden of affliction. Where do I most recognize my need for rest in Christ? Why?*

Respond: *(Live out God's truth with new affections, mindset, and actions)*

4. *Everyone is yoked to something. Yoking yourself to Christ is submitting to him as Lord. Where have I thrown off Christ's yoke and put on another?*

5. *Jesus invites us to come to him and learn from him, for he is gentle and lowly in heart. What's keeping you from finding the rest that Jesus offers?*

Resolve: *What is the one thing you are committing to do this week? Who in your life needs to know about the rest Jesus offers?*