



### **Group Activity...**

**Before discussing this passage as a group, read it privately, reflect, think, mull – and then share with the group what did God say to you.**

#### **Matthew 11**

<sup>25</sup>At that time Jesus said, “I praise you, Father, Lord of heaven and earth, because you have hidden these things from the wise and learned, and revealed them to little children. <sup>26</sup>Yes, Father, for this is what you were pleased to do.

<sup>27</sup>“All things have been committed to me by my Father. No one knows the Son except the Father, and no one knows the Father except the Son and those to whom the Son chooses to reveal him.

<sup>28</sup>“Come to me, all you who are weary and burdened, and I will give you rest. <sup>29</sup>Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. <sup>30</sup>For my yoke is easy and my burden is light.

**Discuss the Talk:** What did God say to you, what didn’t you understand?

Outline: A Terrible Burden and a Wonderful Rest.

### **Group Discussion...**

#### **A terrible Burden**

What is the terrible burden of verse 28. Read Matthew 23: 1-4 to further understand what Jesus is referring to.

How can religion become a burden instead of something that is life giving?

What are the dangers of outward conformity to religion but no inner heart change towards God? How can we avoid this.

Apart from false religion what are some other things that cause us to be weighed down and burdened?

#### **A wonderful Rest**

Read versus 28 – 30. What is Jesus offering to us?

In order to get this rest Jesus contrasts two different types of people v 25. What is the difference between the wise and learned and little children?

How should this change the way we approach Jesus?

What does it mean to “come” to Jesus. How do we continually come to Him and lay our burdens down.

Read again verse 29 Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls.

What does it mean to be Yoked to Jesus?

How does this speak into the way we approach discipleship?

#### **Prayer**

Spend time praying for rest in one another's lives.