

## **From Stress to Rest - Finding our Rest in Jesus**

### **Matthew 11:25-30 Discussion Questions**

#### **Open It**

If you had one week of vacation in which to recharge your physical and emotional batteries, where would you go to rest, relax, and get rejuvenated?

What sorts of activities absolutely drain the life out of you?

Why are many Christians frazzled and burned out?

#### **Explore It**

After pronouncing woe on several unrepentant cities, what did Jesus do? (11:25)

When did Jesus pray? (11:25)

How did Jesus address God? (11:25)

Why did Jesus say He was praising God? (11:25)

What did Jesus say God had entrusted or committed to Him? (11:27)

Who alone did Jesus say knew Him? (11:27)

Besides himself, who did Jesus say could know God? (11:27)

Who claimed to reveal God to the world? (11:27)

What general invitation did Christ make at this time? (11:28)

What kind of people was Jesus addressing? (11:28)

What promise did Jesus make to those who would accept His offer? (11:28)

What farming imagery did Jesus use to encourage people to come to Him? (11:29)

How did Jesus describe Himself? (11:29)

How is walking with Christ described? (11:30)

#### **Get It**

In your eyes, what about Christ seems so obvious that everyone ought to be able to see it?

Why do you think God hides certain truths from "the wise"?

In what ways do you feel weary and burdened right now?

What aspects of the Christian life do you find especially taxing or burdensome?

What is it like to experience the promised "rest" of Christ?

How would you describe your walk with Christ right now?

#### **Apply It**

What are two specific ways you can work with Christ tomorrow instead of going in your own direction?

Besides praying, what are some ways you can get to know your Father in heaven more intimately this week?

What burdens will you entrust to Christ today?