

God's In the House

The Family Room — A Place of Godly Rest

Matthew 11:28-30
November 18, 2018



I. The Offer of Jesus

A. To Those Weary and Burdened

B. Come and Rest

II. The Yoke of Jesus

A. Take It

B. Learn From Me

C. Gentle and Humble in Heart

I. The Offer of Jesus

A. To Those Weary and Burdened

Who does Jesus address in Matthew 11:28? How would you define the word “weary”? What about the word “burdened”?

What areas of life make you weary and burdened?

What does Genesis 3:17-18 tell us about this?

Why do we become weary and burdened spiritually?

B. Come and Rest

What invitation does Jesus give us in Matthew 11:28?

How would people today describe being at rest? How does the Bible describe rest in Psalm 62:5-8?

How can we be resting in God and at the same time be active in God?

II. The Yoke of Jesus

A. Take It

What is resting in Jesus tied to in Matthew 11:29?

What does it mean to have a “yoke on you”?

How can we be set free in Jesus Christ and be yoked in Jesus Christ? What does Romans 6:16 tell us about this?

How is that yoke described in Matthew 11:30? How can this be?

B. Learn From Me

Resting in Jesus also means learning from Jesus. How do we learn from Jesus? Why would you say that as a Christian you are a lifelong learner?

How does God assist us in this learning according to John 14:26 and John 16:13? What are various ways you can learn from Jesus?

Why is it impossible to be a disciple of Jesus without being a learner of Jesus? Why is application such a key part of learning?

C. Gentle and Humble in Heart

When we take on the yoke of Jesus we submit to the control of Jesus. When we learn of Jesus we seek to obey His Word and instructions. Why is it so important for us to know that Jesus is gentle and humble in heart?

How would you describe someone who is gentle? Someone who is humble in heart?

How is finding our rest in Jesus tied to our being yoked to Jesus and to learning from Jesus? Why do we resist what is meant for our best?