

Family Life Groups

“Refreshment from Jesus”

Matthew 11:28-30

Main Idea: Those who come to Jesus will be relieved of their burdensome religiosity and find rest for their souls.

- 1) Most people in the world are “religious.” They think that by following rules, performing rituals, and doing good they can find favor with God. Why is this view so prevalent? How is it perpetuated from generation to generation?
- 2) Jesus promises that when we come to Him and are yoked to Him, we will find “rest” for our souls. The Jews understood this “rest” (that was promised in the Old Testament) to be a profound *peace* (shalom) that results from a sense of ultimate well-being with regard to one’s relationship with God and His commandments. Can you describe this “rest” in your own experience? Do you have this rest when your circumstances are turned upside down? How about when you sin?
- 3) Jesus’ yoke is not any less difficult than the Pharisee’s yoke (think of His interpretation of the Law in the Sermon on the Mount). In what sense is His yoke “easy” and His burden “light”?

“REFRESHMENT FROM JESUS”

Matthew 11:28-30

Main Idea: Those who come to Jesus will be relieved of their burdensome religiosity and find rest for their souls.

Jesus’ Invitation to be refreshed (28-30)

Coming to Jesus (28a)

“All who labor”

The weariness from “labor”

The cause of this weariness

“All who are heavy laden”

A burden placed upon them

The nature of this burden

Refreshed by Jesus (28b-30)

The meaning of “rest” (28b)

The Giver of “rest”

The way to enter the “rest” (29-30)

Become “yoked” to Jesus (29a)

Learn from Jesus (29b-30)

He is gentle and lowly in heart

His yoke is easy and His burden is light