

## Sermon Discussion Guide:

# Weariness and Rest

Sunday, May 28, 2023

Scripture: **Matthew 11:28–29**

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### OVERVIEW

Matthew 11:28 and 29 are familiar verses to many of us. Jesus promises that if we come to him, we will find rest. We know this is true, yet we don't always experience the rest that is promised as often as we should. We don't experience rest because we don't know how to rest well. **When we deal with our distractions, we find rest from our weariness.**

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### CORROBORATING TEXTS

Deuteronomy 6:4; Psalm 46; Ephesians 4:22

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### DISCUSSION QUESTIONS

1. What makes you weary? How is the weariness mentioned in Matthew 11:28 different from simply being tired? How do you unwind and recharge when you are tired or weary?
2. What is God's plan for us with respect to rest, and how can lack of rest be seen as rebellion against God?
3. Distractions often interrupt our focus on God. They groom us toward self-centeredness, feed discontentment, and they rule over an undisciplined heart. What distractions prevent you from experiencing rest? Why are we so easily distracted?
4. What is different about the rest that Jesus offers, how do we know it is real?
5. What is the purpose of a yoke, and why would Jesus tell us to take his yoke upon ourselves? How are the distractions you talked about above like a yoke?
6. Jesus not only offers rest, but he *promises* rest. What can we expect to happen when we find this rest?
7. Read Psalm 46 in light of your discussion. What does it mean to "Be still and know..."? How do the first nine verses make the case for being obedient to this command?
8. Discuss practical ways to remove the distractions that keep us from the rest that Jesus promised.