

Check-in

Describe a time you were exhausted or carried a heavy burden.

Read: Matthew 11:28-30

- What is the Holy Spirit highlighting to you in this passage? Why?
- What questions does this passage prompt in you?
- What do you think are the characteristics of a weary soul? A rested soul?
- In what ways is rest in this passage passive? In what ways is it active?
- What do you think it means to “learn from” Jesus?
- How would you describe Jesus’ yoke and burden? How have you experienced them?
- What does this passage reveal about Jesus?

Accountability

- Describe an area in your life where your soul feels weary?
- Where are you reluctant to pick up a burden because you fear the emotional or spiritual resources might not be available to you?
- How might you find rest in Jesus in those very places?
- How might this group support you as the people of Jesus where you need rest or feel weary?

Transformation

- Pray
 - That we would look to Jesus in the places we are weary and tired.
 - That we would take on Jesus’ yoke and burden.
 - That we would take on and bear one another’s burdens.
 - Pray for one another in what has been mentioned throughout this study.