



COME TO ME (11:28-30)

1. Command: Come to Jesus (v. 28)

2. How to Come: Active Rest (v. 29a)

3. Why Come to Jesus (v. 29b-30)

a. I am gentle & lowly in heart (29b)

b. My yoke is easy (30)

4. Long Awaited Rest - For You

1. Share how you've seen God at work in this previous week (perhaps in answer to prayer requests), or other ways you've seen his goodness.
2. What insight, principle, or observation from the message did you find most helpful, most challenging, or most troubling? Explain.
3. On Sunday we learned about how obeying King Jesus is always easier in the long run than obeying anyone else, or self.
 - a. Can you think of a time where it looked way harder to do what Jesus taught on the front end of things, only to end up more simple & leave you less burdened afterwards? How did it prove true that His burden was lighter?
 - b. On the other end, have you ever decided on what seemed to be easiest or most natural, only to realize that it would have been easier to follow Jesus' teaching?
4. On Sunday we learned about about entering into Jesus' rest.
 - a. Read Hebrews 3:12-19. What stopped the people from entering into God's rest?
 - b. If you reverse the logic of vv. 12-19, what can we do to help one another enter into this rest?
 - c. Read Hebrews 4:8-13. If Jesus is our rest today, what fuller rest awaits the people of God that we should strive for?
 - How do we "strive" to enter the rest? Is that counterintuitive? How does this compare to the "active rest" we looked at on Sunday?
 - How does the Word of God play a part in us striving for that rest?
 - d. Read Hebrews 4:14-16. How can you encourage someone with the gentle lowliness of Jesus from these verses?
 - Is there anyone you could encourage in these ways this week?
5. Share with one another ways you may need rest this week/month. Encourage one another & approach Jesus, who gives rest, in prayer.

next week: Matthew 12:1-8