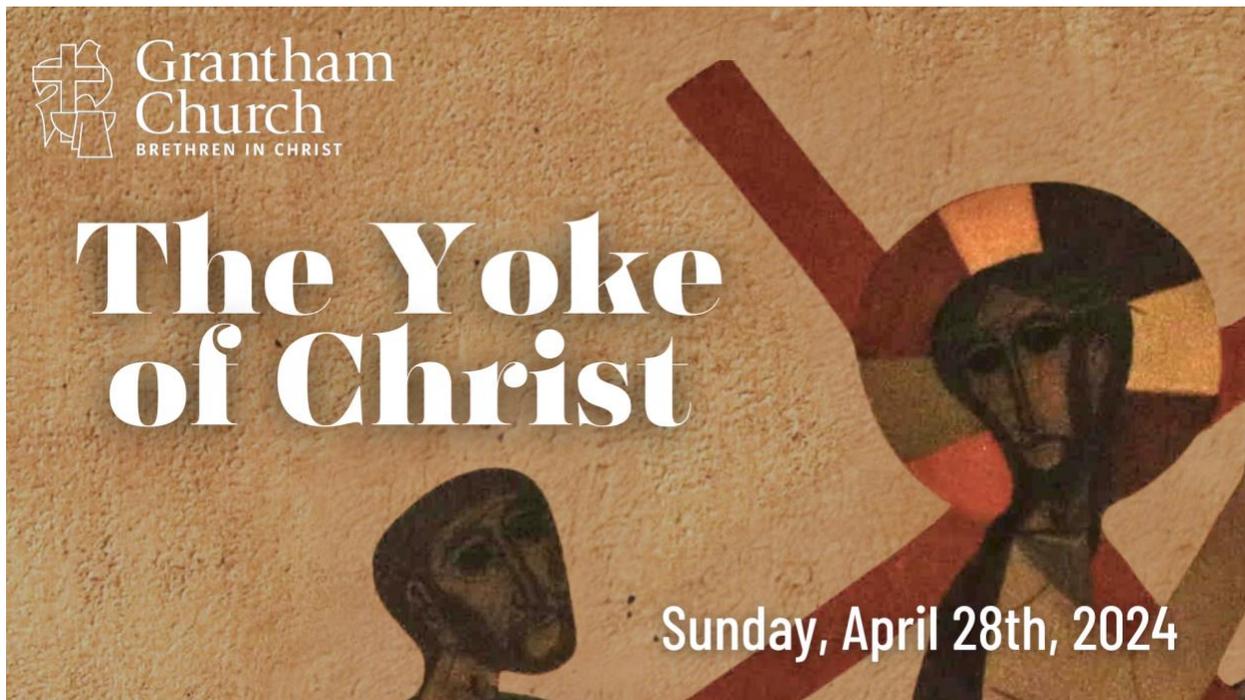


The Yoke of Christ
Small Group Discussion Questions

Join our congregation for worship in-person or online at 10:30 am each Sunday via our [Grantham Church YouTube Channel](#). If you ever miss a message, the sermons are always posted to the [recent sermons page](#) at our website and at the [Grantham Church Podcast](#) the following day, along with the sermon slides and small group discussion questions under Worship Resources. Thank you for staying connected with us!

Sunday, April 28th, 2024



Sermon Title: The Yoke of Christ

Scripture Reading: Exodus 20:8-11, 23:10-11; Matthew 11:28-30; Hebrews 4:9-11

Sermon Focus: Jesus said that his yoke is easy to bear, and that his burden is light. He says that he will give us rest if we will come to him. He will show us what it means to follow him, trust him, and live freely in the grace he provides. But what exactly does Jesus mean in Matthew 11:28-30? How do we enter the sabbath rest he offers, and experience his “yoke” of discipleship as life-giving? In his final message before going on a 3-month sabbatical, Pastor David expounds on what it means to take up the yoke of Christ, and then shares some of his plans for an extended time of resting in Jesus.

Thank you for going deeper in conversation with your small group. Use the following questions to help *guide* your small group discussion:

1. Read Matthew 11:28-30. Pastor David began his message by expounding on many of the words and phrases that Jesus uses in these verses. How did God speak to you through these words of Jesus? What is he saying to you now?
2. Jesus may have had several things in mind by using the “yoke” language to describe what it means to follow and rest in him (e.g., the livestock yoke and the shoulder yoke). How does the yoke metaphor speak to you?
3. Are you feeling restless or burdened in some way? If so, share that with your group. Are you seeking rest in Christ or in someone or something else?
4. What would it look like for you to “yoke” yourself to Christ so that you can experience more of his grace, joy, and freedom in your life?
5. Pastor David shared the following points as ways that we can enter the rest of Christ and learn that his yoke is easy and burden is light. Discuss each of these. Is the Spirit inviting you to enter the Lord’s rest in one of these ways?
 - Get your identity from Christ and nothing else.
 - Worship and work the spaces with others (i.e., personal & intimate).
 - Practice regular quiet times of prayer, confession & Bible reading.
 - Practice sabbath once a week; find a healthy rhythm of work and rest to sustain you (Hebrews 4:9-11).
 - If you’re able, take an extended sabbath to rest, to disconnect from work (that is identity-forming), and to create space for creativity, new ideas, clarity, discernment, and for God to speak to you.
6. How is the Spirit inviting you to bring your weary heart to Christ, to lay your burdens down at his feet, and rest in his love for you? Be specific.
7. End your time together in prayer for each other. Also, please pray for Pastor David as he goes on sabbatical to rest and come back empowered.