



Family Discussion Guide: Deep and Wide with Jesus

Main Idea

Jesus invites us to come close to Him, find true rest for our souls, and learn His way of living. When our relationship with Jesus grows deep, our lives can make a wider impact for Him.

Key Verse

Matthew 11:28-30

“Come to me, all you who are weary and burdened, and I will give you rest... For my yoke is easy and my burden is light.”

Start the Conversation

Ask your family:

- What are some things that make you feel tired, busy, worried, or overwhelmed?
- What helps you feel peaceful and rested?

Explain that Jesus does not just give us more rules or more things to do. He invites us to come to Him.

Questions for Older Children

1. Jesus says, “Come to me.” What does it look like for you to come to Jesus during a normal week?
2. The sermon talked about “deep, then wide.” Why do you think our relationship with Jesus needs to grow deep before we try to do big things for Him?

3. What is the difference between doing things *for* Jesus and spending time *with* Jesus?
4. Have you ever felt too busy or distracted to pray, read the Bible, or worship? What could help you slow down?
5. Jesus says His yoke is easy and His burden is light. What do you think that means?
6. What is one rhythm you could build into your life to help you stay close to Jesus?

Questions for Younger Children

1. Who does Jesus tell us to come to when we are tired or sad?
2. Does Jesus want to help us carry our heavy feelings and worries?
3. What are some ways we can spend time with Jesus?
 - a. Pray
 - b. Sing worship songs
 - c. Read Bible stories
 - d. Talk about Him
4. If a tree needs deep roots to grow strong, what do we need to grow strong in Jesus?
5. What is one thing you can thank Jesus for today?

Family Application

This week, practice a simple family rhythm of rest with Jesus.

Choose one day or one evening to slow down together. Turn off screens for a little while, read **Matthew 11:28-30**, pray together, and talk about what has been making each person feel tired or burdened.

Then say together:

“Jesus, we give this to You.”

As a family, try to remember this phrase throughout the week:

“Deep with Jesus, then wide for Jesus.”

Short Prayer

Jesus, thank You for inviting us to come to You. When we are tired, worried, or too busy, help us remember that You give true rest. Teach our family to walk with You, listen to You, and live Your way. Help our roots grow deep in You so our lives can bless others. We love You, Jesus. Amen.