Matthew 11:25-30

Community Group Questions

1. Read Matthew 11:25-30. What did you find most helpful, challenging or encouraging from this week’s passage and message?
2. How do you think our culture has impacted our pace of life? What cultural assumptions have influenced our sense of time, punctuality, productivity, and leisure?
3. How would you describe the difference between busyness and restlessness? Sean described some aspects of technology that have contributed to our restlessness. How have you seen this impact your own life?
4. Sin disrupted the rest we were meant to enjoy in fellowship with God. Why are some of our solutions for rest not working? How is Jesus’ offer of rest counterintuitive to our usual pursuits of rest?
5. Augustine once said, “Our hearts are restless until they find their rest in you.” What does it look like to find our rest in God? What does it look like to experience the kind of rest Jesus offers?
6. Read Isaiah 40:28-31. The broader context of Isaiah 40 is God’s sovereign control of the universe. How does this knowledge contribute to our ability to rest?