

Lighthouse Group Handout

The Better King

Matthew 11:28–30

Big Idea

Jesus is a better King who offers real rest—not by removing responsibility, but by replacing crushing burdens with His gentle rule.

Opening Reflection

When life feels overwhelming, my default response is usually:

- Push harder
 - Distract myself
 - Numb out
 - Ask for help
 - Something else: _____
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Scripture Reading

Matthew 11:28–30

“Come to me, all who labor and are heavy laden, and I will give you rest.
Take my yoke upon you, and learn from me, for I am gentle and lowly in heart,
and you will find rest for your souls.
For my yoke is easy, and my burden is light.”

Setting the Scene

Jesus speaks these words after confronting pride, unbelief, and religious exhaustion. This is not a sentimental invitation—it is a **royal summons** from a different kind of King.

Key Truths from the Passage

- Jesus invites the **weary and burdened**, not the impressive.
 - The deepest exhaustion is **spiritual**, not physical.
 - Everyone carries a yoke—the question is **whose**.
 - Following Jesus means an **exchange of yokes**, not the removal of all responsibility.
 - True rest is found under the rule of a **gentle and lowly King**.
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Group Discussion Reflections

1. The Weight We Carry

What kinds of burdens leave people spiritually exhausted today?

2. When Faith Feels Heavy

How can following God slowly turn into pressure instead of joy?

3. “Come to Me”

Why is it often hard to actually come to Jesus instead of trying harder?

4. The Yokes We Wear

What yokes do people often carry instead of Christ's?

5. Gentle and Lowly

How does Jesus being "gentle and lowly" challenge how we think about power and authority?

6. Rest for the Soul

What do you think "rest for your soul" would look like in everyday life?

7. A Better Way

If Jesus truly is the Better King, what would need to change in your life this week?

Personal Takeaway

What is one thing God impressed on you tonight that you want to carry into this week?

Prayer Focus

- Laying down self-reliance and performance
- Trusting Jesus as a good and gentle King
- Finding rest through surrender, not striving