



Week 3: A Weary World...Restless

Growth Group Opener:

What makes rest feel difficult or uncomfortable for you?

Read Matthew 11:28-30; Mark 6:30-32

Who does Jesus invite to come to him in Matthew 11?

What kind of rest is promised? How does this differ from simply stopping activity?

In Mark 6, what leads Jesus to pull his disciples away to rest?

How often do you find yourself in a similar situation?

Jesus takes the disciples away to rest before they burn out or fail. Why do you think he does this?

Is your own rest typically proactive or reactive?



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Is your own rest typically proactive or reactive?

What phrase in Jesus' invitation in Matthew 11 feels most meaningful to you right now?

- A. Come to me.
- B: All who are weary.
- C: I will give you rest
- D: You will find rest for your souls

What does your pace of life indicate about what you believe God expects from you?

Where in your life do you feel your soul running on empty?

Jesus invites us to take his yoke, sharing the work, not shedding all responsibility.
What might taking his yoke look like, practically, in this season?

What shift could you make that would help you better balance working for Jesus with being with Jesus?

What do we learn about God in these passages?

Is there anything you feel the Holy Spirit nudging you to look at more closely?

Prayer:

Father, thank you for being gentle and humble in heart. Lord, our souls desperately need the rest that only you can provide. Help us take your yoke, working side by side with you, learning from you what it looks like to both work and rest.
In the name of Jesus, amen.

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