

Small Group Study Guide

Finding Rest

Matthew 11:28-30

From Sunday, February 6, 2022

Take a moment to pray and ask God to guide your thoughts and reveal things to you about His word as you go through this study.

Appetizer:

Listen to “Come All You Weary” by Thrive on YouTube, Spotify, or Apple Music

Read through the passage above

What are the similarities/differences you see between the passage and the song? Why do you think the band was inspired to write this song?

Main Course:

Life can be run at a very high pace, particularly in the North American lifestyle.

Question: When you need it, what is your go-to way to find rest?

Question: Do you find you need rest often? Why or why not?

Activity: Go through a typical week in your life. How many hours are devoted to draining things (work, chores, etc.)? How many hours are devoted to things that give you rest?

Question: What burden do you currently have that you need Jesus to take from you?

Question: When you are looking to find rest, how often do you look to God to find it?

Caleb said that the only thing we need to do to find rest in Jesus is go to him. No prerequisites or hoops to jump through.

Question: You may have heard that before, but do you really believe it? Do you ever find that at some times it can be harder to believe than others? Why?

Question: How, if any way, has Jesus given you rest in the past?

Dessert:

Caleb finished by saying that anybody could find rest in Jesus if they were willing to just reach out and take it.

Question: Who do you know that could use the rest of Jesus?

Question: How can you be a part of showing that person the rest Jesus offers them?

Takeaway: Jesus is offering to take your burdens from you, and he offers everyone the same thing. Go to Jesus to find rest and encourage others to do the same.

Pray: For God to give you rest from your burdens, and for Him to give you opportunities to point others to Him, so they can find that rest as well