



Message Outline

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January 4, 2026

Matthew 11:28-30

HAPPY ReNEWal YEAR

Pre-launch of the SERIES: *Making Room for Renewal*

“Come to me, all you who are weary and burdened, and I will give you rest.” – Jesus

IN 2026, RESOLVE TO REST

4 COURSE CORRECTIONS:

1) BEGIN THE NEW YEAR COMING TO A Person,
...not just committing to a plan

Matt 11:28a

2) ACKNOWLEDGE WEARINESS IS A HUMAN reality,
...not a spiritual failure

Matt 11:28b

3) RECEIVE REST AS A gift,
...not a reward

Matt 11:28c

4) APPROACH LIFE WITH JESUS' help, pace, and heart,
...not a heavier load

Matt 11:29-30



Questions for Further Reflection & Discussion

Winter Session 2026

HAPPY ReNEWal YEAR | Pre-launch of the Series → Making Room for Renewal

Matt 11:28-30 | January 4, 2026

1. When you think about the start of a new year, which word best describes how it usually feels for you? Hopeful, pressured, tired, motivated, skeptical, or something else? Why?
2. Read Matt 11:28-30 and review the sermon outline. What stands out for you?
3. In vs. 28, Jesus says, “Come to me.” How is that different from simply committing to better plans, disciplines, or goals for the new year?
4. When you’re overwhelmed, what do you instinctively run to first? Solutions, distractions, control, a person, other? What might it look like to come to Jesus instead?
5. Why do you think many Christians feel guilt or shame about being tired, stressed, or emotionally worn down?
6. Where do you see permission in this passage to be honest about your limits right now?
7. What’s the difference between rest you earn and rest you receive? How have you experienced both?
8. Jesus invites us to take his yoke and learn from Him. What do you think it would look like, in real life, to approach this year with Jesus’ help, pace, and heart instead of carrying a heavier load on your own?
9. Catch up with everyone in your group about the holidays and pray for each other going into the new year.