
SERMON NOTES April 2, 2023

Today's notes also available at CCPL.life/Connect

**Matthew 11:25-30
Rest for Weary Souls
Pastor Mike**

I. The _____ nature of God's truth

II. The _____ of our weariness

III. The _____ of our weariness

a. We are all _____ to something

b. A wrong pursuit of blessings becomes _____

The question isn't _____, but do we have _____

IV. The _____ for our weariness

a. Not in _____ but _____

b. Take up _____

c. _____ from Jesus

V. Jesus' _____ to rest

a. Acknowledging our _____

b. The _____ and _____ of Jesus

c. _____ to Jesus' invitation

Questions for reflection, application, and discussion

1. In Matthew 11:28, Jesus invites us, “Come to me, all who labor and are heavy laden, and I will give you rest.” In verse 29, he tells us that he offers “rest of your souls,” telling us that the need he is addressing isn’t just our being physically tired and weary, but the problem of our being weary and heavy laden in our souls.
 - a. We know what it means to be physically weary and tired from carrying heavy burdens, but what does it mean to be weary and burdened in our souls?
 - b. The wording of Jesus invitation suggests that we are all weary and heavy burdened in our souls. Why is this a universal human problem?
 - c. Do you think that contemporary Americans, on the whole, are more or less weary and heavily burdened in their souls now than we have been in the past? Why?
 - d. What is the state of your soul? To what degree would you say that you are currently weary and heavy burdened? If you are, what is contributing to that problem?
2. Our secular culture insists that in the rejection of God and his word, they are free. But Jesus is teaching here in Matthew 11 that we are all yoked to something, and all of our yokes are attached to a burden. And the burdens we choose in rejecting God are heavy and impossible to carry.
 - a. Do you agree with this idea that everyone is yoked to something? How is the rejection of God not the freedom people claim it is? What are some of the burdens you’ve been yoked to in your life?
 - b. In his message, Pastor Mike pointed out that the book of Ecclesiastes teaches that even the pursuit of pleasure will become a heavy and wearisome burden. Why is this the case? How does the pursuit of pleasure become wearisome?
3. One surprise in this passage is that Jesus doesn’t tell us to come to him when we are weary and burdened so that he can take our burden to give us rest, but he instead calls us to come to him and take his burden or yoke upon ourselves, and in taking his burden we will find rest for our souls.
 - a. What is Jesus’ yoke, and how does taking his yoke give us rest?
 - b. What is the rest for our souls that Jesus is promising? How can you find and experience that rest in your life?
4. Jesus calls us to come to him in verse 28, and then in verse 29, Jesus he explains that we come to him by taking up his yoke and learning from him. What is the connection between the two ideas of taking up Jesus’ yoke and learning from him?
5. Jesus doesn’t give us these words as a command but as an invitation. He invites all of us who are weary and burdened down to come to him to find rest. In verse 29 Jesus tells us, “for I am gentle and lowly (or humble) in heart.”
 - a. What does Jesus mean when he tells us that he is gentle and lowly in heart?
 - b. Why is this important to understand in the context of his invitation to come to him to find rest for our souls when we are weary?