



BIG IDEA

“My prayer is for Christ’s church to experience rest. Life has been uniquely challenging for us over the past few years (COVID, the war in Ukraine, a lagging economy and individual struggles). When Christians rest in the Lord, we display Christ to those in our world. The world does not provide this rest. People want it, but apart from Christ will never really experience it. My desire is that when people come to Gateway or any Christ-centered church, they encounter Jesus and experience the rest He alone provides.”

THOUGHTS FROM THE SERMON

1. How were you impacted by the message this week?
2. What age group is the most worried about our future? What are they worried about?
Read: Matthew 11:28
3. What does it mean to labor or be heavy-laden? Can you identify with one or both of these definitions in your life right now?
4. What promises do you see in this verse? What must we do to receive it?
Read: Exodus 20:8-11, Hebrews 4:1,3b
5. Why are we commanded to observe the Sabbath? When was the last time you did so?
6. What did we learn this week about resting as a Christ Follower?
Read: Matthew 11:29-30, Jeremiah 6:16
7. Are you someone who provides stress or rest? Explain your answer.
8. Share some of the stress you need to take to the Lord so you can rest.

NOTES

PERSONAL REFLECTION AND APPLICATION

1. How were you personally challenged this week?
2. How have you seen God at work in your life or the lives of others this week?
3. If you are stressed, take your cares to Jesus. Share your struggles with someone so you don't walk alone.
4. How will you personally apply what you learned from the sermon to your life?

DEEPER

Pray: This week, take time to pray for our guest speaker and his ministry as well as the Church as a whole.

Read: Matthew 11:28, Exodus 20:8-11, Hebrews 4:1,3b, Matthew 11:29-30, Jeremiah 6:16. Take time to reflect on these passages and write down your thoughts.

Write: Take time to write down your thoughts and insights from the sermon this week. Keeping a journal is just one more tool that you can use to track what God is showing you in your walk with him.

Sing: Listen to the worship songs from Sunday throughout the week. Look up the lyrics to each song and spend some time reading them as well.

Memorize: As a Life Group, pick a few verses from the sermon and memorize them this week. (Matthew 11:28, Exodus 20:8-11, Hebrews 4:1,3b, Matthew 11:29-30, Jeremiah 6:16)

Love: Share this message with someone who needs to embrace his rest and not the stress that can weigh us down.