

UNFORCED RHYTHMS

As preached on Sunday, July 5th

Read: Matthew 11:25-30

1. How ready do you feel for a vacation right about now? If you had your choice to go anywhere in the world, where would you go? Why?
2. Why does Jesus spend so much time in vv.25-27 discussing his relationship with the Father?
3. As you read through v.28 why do you think Jesus specifically mentions those who are weary and burdened? In what ways can you relate?
4. Jesus promises rest for our souls in v.29. How would you describe a rest which is that deep?
5. Jesus' promise of rest is connected to his yoke. What is a yoke? How does it relate to what Jesus is talking about?
6. What is Jesus' yoke? How can we take his yoke upon us as he is offering?
7. It's been said: "Jesus realizes that the most restful gift he can give the tired is a new way to carry life." What does that mean? How can we receive that gift?