

Work and Rest

Matthew 11:28-30

Discussion Questions

- 1)** Jesus invites those who are weary and burdened to come to him. Why might we be weary and burdened? What do you think is the background context for which Jesus is giving this invitation?

- 2)** Read Matthew 23:4. How do you think this text relates to Matthew 11:28-30?

- 3)** Read Ephesians 2:4-5. A primary reason that we can be weary and burdened is when we try to do what the pharisees did, and use our own resources, our own strength, and our own good deeds to please God. We strive to please God. Even though we might believe that we have been saved by grace alone, why might we still try to earn some credit with God? Why might the heart tend to drift towards such a works based gospel?

- 4)** Jesus offers us rest for our souls. How do you try to rest? What does that look like?

- 5)** Read Jeremiah 6:16. Many commentators believe Jesus is quoting from this verse. What do you think is the rest that Jesus is offering us? What do you think is the link between Jeremiah 6:16 and Matthew 11:28-30?

- 6)** What is the 'easy yoke' that Jesus offers us? Do you think it could be submission and obedience to Him?

- 7)** Read Psalm 62:1. We were created for relationship with God, so if we are not walking in perfect tandem with Him, along with Him, we will not be at rest. Why might we not allow ourselves to find rest in God alone? How might we go about changing this?