



## Sermon Discussion Questions

### "How to Lighten Your Load" From Exhaustion to Equilibrium

Matthew 11:28-30

July 10, 2016

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Opener:

Describe your perfect getaway—the safest, quietest, most relaxing place that comes to mind.

Questions:

1. In verse 25, Jesus thanks the Father that certain things are only revealed to children. What does this imply for the audience of these words?
2. What does Jesus mean when he says that in Him we will find rest for our souls?
3. Given Jesus' words leading up to today's passage (especially in Matt. 10:16-11:6), what's the significance of hearing this promise?
4. What is a yoke? What could have been the 'yoke' burdening the people in the culture of Jesus' time? What makes Jesus' yoke different?

Application:

5. Jesus calls us to learn from Him (v.29a). Which of His attributes is He calling us to learn here? What about in other parts of scripture? How can you apply these attributes to your life?
6. One man bearing the yoke of oppression was John the Baptist (Matt. 11:2-6). What yoke is on your shoulders at the moment?
7. Is the yoke of living the life of a Christian ever burdensome? In what ways?
8. How does the promise of rest and help change how you perform your daily duties as you face this coming week?
9. Spend some time in prayer with one another and reflect on how you can "bear one another's burdens" (Galatians 6:2) in your small group.

\*These questions were adapted from *The NIV Quiet Time Bible* (InterVarsity, 1996), *The Serendipity Bible for Groups* (Zondervan, 1998), and *The NIV Life Application Study Bible* (Zondervan, 2011).