

JESUS SAID

THE GREAT INVITATION

(MATT 11:28-30)

ICEBREAKER

If you could meet one person in the world, work side-by-side with some expert in your field, or spend all of your time with someone you really admire, who would it be?

INTRODUCTION

- Do you recognize when you're tired? How do you know when you need rest?
- What is the difference between physical tiredness and soul tiredness?
- What is the rest you've found since you've come to Christ? If you haven't yet, where are you getting your rest from?

COME TO ME (V. 28)

- This passage starts with a very beautiful, simple invitation from Jesus: Come to me. Why do you think something so simple can be so hard to accept? Do you or did you struggle to accept it? Why or why not?
- What do you think Jesus meant by the words "Come to me"? What does this look like in your life?
- Share a time where you had to carry a "heavy load" in the past. How did carrying this affect your daily life? Emotionally? Spiritually? Relationally?

- What do you choose to bring to Jesus and what do you leave out? Do you only come to Jesus for certain things? Why?

TAKE MY YOKE UPON YOU (V. 29)

- What does your yoke look like right now? What are you yoked to?
- Us accepting Jesus' invitation implies submission by us to Him and ownership by Him. How does this go against what culture says? How is this restful?
- Jesus' invitation to take His yoke upon us is an invitation to intimacy and partnership. He's describing a yoking together of Him and you, a stronger one is leading, and is placed with a smaller, less experienced one to train. How does that make you feel, knowing Jesus is there to lead and instruct you while carrying the bulk of the weight?
- Share a time in your life where you've been unequally yoked in a constructive manner, either as the stronger one or the weaker one. What did you learn?

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- Paul said in 2 Corinthians 6:14 – “Do not be Unequally Yoked with unbelievers.” But there is another time where the two are yoked together, and it’s about training and teaching. Are there some unhealthy yokes you need to set aside? What would it look like to allow Jesus to carry the burden instead? Why have you chosen this way instead of others?

LEARN FROM ME (V. 29-30)

- Describe your relationship with Jesus. What are you learning from Him?
- What burdens have you learned to lay down from Jesus?
- We all need a plan to turn off the junk in our lives and just get yoked up with Jesus. What does that look like for you?
- If we’re not careful, we get “yoked up” with people and ideas and belief systems that are not moving us closer to Jesus, to be MORE like Him. And we aren’t “LEARNING FROM HIM,” but rather learning what our culture teaches and believes. How have you seen this in your life?

- If you’re new to learning from Jesus, what do you think He wants to teach you?

ACT ON IT

ENCOURAGE

Jesus, our Lord and Savior, has given us the best invitation of all!



It’s so easy and simple, yet it can be one of the hardest invitations to accept. When we come to Jesus, we get the promise of rest. No matter what we’re dealing with, He promises us rest for our souls. Jesus invites us to an intimacy and closeness that is meant to strengthen and grow us. Jesus knows the burdens that we try to carry on our own and offers us the greatest invitation - set aside our heavy yoke of sin and pick up His yoke. Not only that, He invites us to learn from Him as well. Instead of medicating in worldly ways, He wants us to learn the truth that only comes from being led by and walking with Jesus. If your soul is heavy, stop trying to do it alone and let Jesus carry the weight and get you some soul rest.

THE JOY OF GENEROSITY

ASK



Are you tired? Is your soul heavy?
What burdens are you carrying?
How are you dealing with that? How
does Jesus want to help with that? What
keeps you from giving it to the Lord? If
you gave him the chance, what do you
think Jesus wants to teach you?

CHALLENGE



Set aside some time this week
to do these four things:

1. Surrender your whole life to Jesus Christ as your Lord and Master and King forever!
2. Choose to come away with Jesus every day, week, and month! Study your Bible, pray (not just for needs), and spend time with Jesus!
3. Belong to His Family – Attend Church, Join a Small Group, Obey God.
4. Repent! In order to take His yoke, you have to remove yours!

PRAYER

Lord, we thank You for the invitation to come to You. Thank You that we can get true rest by getting closer to You. Thank You for being the true source of peace in our hearts, souls, and minds. Give us the strength to leave what's making us tired at Your feet, trusting that You are in control. What we're carrying is heavy, but Your yoke is light. Help us desire to seek You for rest and help us do it in a way that draws us closer to You so we can lean into You and learn from You. As we take Your yoke, teach us what that means and convict us to follow. And for those who have yet to come to You, show up in their lives like never before. Continue to speak to their hearts and open their eyes to the truth, that the invitation to come to You exists for everyone. Fill us with Your peace and bring us the rest that only You can bring as we continue to put our trust in You. Amen.