

LIFEgroups

OPEN

Go around and let everyone answer...

When have you done something hard, but found great pleasure in doing it? What made it joyful in spite of difficulty?

DIG

Read the following passage and look for words that describe both Jesus and his followers:

Matthew 11:28-30 (NIV)

²⁸"Come to me, all you who are weary and burdened, and I will give you rest. ²⁹Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. ³⁰For my yoke is easy and my burden is light."

Based on this passage, describe what it is like to follow Jesus?

What words from this passage describe the spiritual condition of people who are **not** following Jesus?

Do most people who are not believers feel like it is **easy** or is it **hard** to be a Christian?

What factors lead people to these conclusions?

"Yoke" is a farming term. What is a "yoke" and how is it used?

Jesus did not promise to take away your yoke, work, or burdens. But he does offer rest, freedom and joy as you carry your "yoke."

Tell about some Christian you know who has a "spiritual yoke" but seems to consider it to be easy, light, or restful.

APPLY

Describe how your own Christian life currently compares to the description Jesus gave in this passage.

If there is time to discuss this more, how have your feelings about following Christ have changed over time?

How can your group pray for today so that you can feel the rest and freedom Jesus wants you to enjoy?

Leaders

Sermon Series

This discussion guide comes from the current lesson in a series from the Gospel of Matthew. This series focuses on Matthew's message of establishing that Jesus is King over all.

Big Idea

This lesson focuses on how to find restful peace in your Christian life.

Group Discussion Reminder

Every group meeting will have its own pace, depending on who is present, how many people are present, outside circumstances, and what the lesson is about during that particular meeting.

Adjust the pace and length of discussion as needed for each group meeting. Guide the discussion gently toward a point to let every person make a personal application.

If the discussion is extensive, consider eliminating some of the questions to respect the time each person has committed to the group.