



The Church Jesus is Building is the Church Resting in Him

Ice Breaker: Do you have a Labor Day tradition? Share with your group. If you don't have a tradition, do you have plans for Labor Day? What fun are you planning?

Read Together:

Mark 4:19 (NIV)

“The worries of this life... choke the word, making it unfruitful.”

Matthew 11:28-30 (NIV)

“Come to Me, all you who are weary and burdened, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and humble in heart, and you will find rest for your souls. For My yoke is easy and My burden is light.”

With legitimate concerns, we research, we put a plan together and we take action. That is wise action in life. However, Jesus is talking about a concern that has gone haywire. When the concern dictates your life, you are being owned and driven by the thing that worries you. In this context, please consider the following questions.

Discuss:

- What are some ways that you are worried?
- If you don't feel worried, what are some things that you think about a lot?
- What are some things that are out of your control?
- What things wake you up and make you lose sleep?

Jesus KNEW that we would be at places in our life where we feel burdened and hopeless!! In His great love for us, He invites us to do two things.

An Invitation from Jesus

1. Come to Me.

Discuss and Apply:

- Come to me _____. (Put your name in this blank.) Remember, He is not asking you to come so that he can smack us back to reality. Sometimes, we are just in the wrong spot.
- What does that look like? As a group, please take some time to be quiet. If you have access to a back yard or a park, take a ten-minute walk, find a bench, sit on a log or just find a spot that is quiet. Ask Jesus who He wants to be for you RIGHT NOW. Ask God for rest. Ask Him what it looks like to rest *right now*.
- Come back together and if you'd like to share, please take turns talking about how God brought you rest.
- If you did not experience a moment of rest, ask your group to pray for you that peace would come.

- Read together: Mark 2:27. What does it mean that the Sabbath is for man?
- Take some time to memorize Psalm 127:2 and Matthew 11: 28-30.

2. Take My yoke upon you.

We can position ourselves to live in relief. Wild oxen are carefree and out of control. They are vulnerable to predators. They labor for their own survival and protection. When the ox becomes a farmer's ox, it is protected by the farmer than owns him. When an ox is yoked, it does the bidding of its owner.

Discuss:

- Jesus said that HIS Yoke is easy and His burden is light. What does it look like to believe that Jesus' expectations are easy?
- How often do you buck the yoke that Jesus has for you?
- Are you talking about Jesus, or are you talking about other things?
- Have you ever believed that Jesus wanted to add more to your burdens? Share an example.
- Jesus talks about Himself for a minute. He says, "I am gentle and humble in heart, and you will find rest for your souls."
 - How does this revelation about Himself hit you?

Read together:

Jeremiah 6:16

- What are the ancient paths?

1 Peter 5:7

- Do you believe that God cares for you? How do you know?

Remember the story that Pastor Jason told about the parched man in the desert that couldn't get the pump to work. He found the jug that said, "Prime the pump with all of this water." He had a dilemma of whether to trust the directions or drink it and survive. He primed the pump and got water to quench his thirst and to wash and refresh himself. When he refilled the jug, he added this to the inscription, "Believe me, it really works. You have to give it all away before you can get anything back." Talk about this story and how it applies to your worries and taking Jesus' yoke.

Pray together:

Father,

We confess that it is easy to worry. It's not as easy to trust You. We confess that we don't always believe that Your yoke is easy. We don't believe that Your burden is light. Please help our unbelief. Today, we choose to believe. Today, we choose You. Please give us Your light yoke. Help us to walk in Your ways and TRULY trust You as we face the craziness of life today. WE need You and ask You to take our cares and in turn, give us rest. In the name of Jesus!

Amen.