



**Week of June 20, 2021**

**Discussion Questions:**

1. What is going on in your life right now that feels “weighty”? How is that weight affecting you? How is it affecting your relationship with God? With others?
2. Read Matthew 11:25. Why do you think Jesus told his audience this statement? What does it reveal about God’s heart for us?
3. Read Matthew 11:28-30. Imagine being one of Jesus’ followers, having been raised in the Jewish religious system of rules and sacrifices to be right with God. How might these words have made you feel?
4. Gerald said, “Right Posture + Right Place + Right Pace = Rested Soul”. Describe what is keeping you from having a rested soul.
5. Which area above do you need to lean into in this season? What steps will you take this week to do that?

**Moving Forward**

When we follow someone, their direction affects our direction. Their pace affects our pace. Focus on what it means to intentionally follow Jesus. Pay attention to his direction and to His pace. Then, simply follow and allow your soul to become rested.

**Matthew 11:25-30**

At that time Jesus said, "I praise you, Father, Lord of heaven and earth, because you have hidden these things from the wise and learned, and revealed them to little children.

<sup>26</sup> Yes, Father, for this is what you were pleased to do.

<sup>27</sup> "All things have been committed to me by my Father. No one knows the Son except the Father, and no one knows the Father except the Son and those to whom the Son chooses to reveal him.

<sup>28</sup> "Come to me, all you who are weary and burdened, and I will give you rest. <sup>29</sup> 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. <sup>30</sup> For my yoke is easy and my burden is light."