



Come Take Learn Rest

MATTHEW 11:28-30

COME

Describe how and when you first came to Jesus.

If you haven't yet responded to Jesus' invitation to come and follow him, what's stopping you?

Spend some time reading one of the gospels--Matthew, Mark, Luke or John.

As you read, keep a journal of what you discover about Jesus. What is he like, how does he act?

LEARN

What are some areas you sense God leading you toward growth and learning?

What can you do to pursue more Christ-centered knowledge and understanding in those areas?

Where are you lacking understanding? Ask specifically for help from God in those areas. (James 1:5)

TAKE

Have you been burdened by the kind of yoke that doesn't come from God (religious expectations, guilt, shame)?

What do you think about Jesus' yoke for you being easy and his burden light? Do you believe this is true?

What do you think are some of the "good works God has prepared in advance for you to do" (Eph. 2:10)? What is he calling you to do?

REST

Do you currently feel weary or burdened?

When was the last time you felt spiritually rested or refreshed? What made you feel that way?

What is one practice you could adopt that would invite you to experience rest and refreshing with Jesus?

Read Psalm 23. Write down all the ways the Lord invites you to rest and be refreshed.