

# PROMISE KEEPER

## Part 2. The Promise of Rest

Read Matthew 11. 28-30. Read it again in a different translation – try The Message (MSG) or The Passion (TPT).

- On a scale of 1 to 10, how important do you think rest is? What does rest look like in your life at the moment?
- What are the cultural narratives in your life around rest? What is different about the way that Jesus talks about rest? What do you think is the difference between 'rest' and 'rest for your souls'?

Jesus mentions 2 different reasons why we need rest – because we feel **weary**, life has just worn us down, the way we are living has made us tired; and because we feel **burdened** – we are carrying loads that have been put on us, whether that's a difficult family situation, stress of exams, money worries etc.

- Has there been any time recently where you've felt either weary or burdened? (Ask people to share their experiences. As the leader, sharing first can open space for others to be vulnerable, just as Sam shared so openly on Sunday)

Sam then talked about 3 ways that we can find rest for our souls:

### 1. THE WAY OF JESUS

Jesus uses the metaphor of a yoke to say that we should attach ourselves to Him and in doing this we will find rest for our souls. Why do you think he uses this metaphor?

- Why is it restful to walk with Jesus?
- Practically, in our day to day lives, what do you think it could look like to take Jesus' yoke upon you?

### 2. THE POWER OF THE SPIRIT

- Jesus says we find rest by coming to Him. We can do this through the power of the Holy Spirit. Do you feel rested after spending time with God?

Leave some time at the end to pray together and just to wait on the Holy Spirit.

### 3. THE LOVE OF THE FATHER

Sam talked about the story of the Prodigal Son to remind us that we have a Father who loves us so deeply. Why do you think we are better able to rest when we know we are loved?

- What could we do to grow in the knowledge of God's love for us?

**BIG IDEA:** We are offered rest for our souls in the Way of Jesus, the power of the Spirit and the love of the Father.

Finish by praying together but also specifically for those who are struggling. If they feel comfortable maybe ask them to sit in the middle and all gather round to pray for them and encourage them (and give any prophetic words!)