



## THEME

### Soul Rest

## ANCHORED TO TRUTH

Matthew 11:28-30, Matthew 11:19, Luke 7:35

## CONVERSATION

1. When do you normally get to sleep? How many hours of sleep does that usually get you?
2. What's the most tired you've been while in college?
3. Ever been really tired - but it wasn't a physical tired?
  - a. What kind of things make us tired, but not physically tired?
4. Take a look at: **Matthew 11:28-30**  
28 Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. 29 Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. 30 For my yoke is easy to bear, and the burden I give you is light."
5. How would you describe/define what you think Jesus means by these terms: **weary, heavy burdens, rest, my yoke, teach, rest for your soul, easy, light**
6. Do you agree with this business axiom/truism? *"The system we currently run is perfectly designed to get the results we currently get."*
  - a. In **Luke 7:35** Jesus gives us a similar idea > 35 But wisdom is shown to be right by the lives of those who follow it."
    - i. How is your current "system" or way of carrying burdens working? What do the results tell you?
    - ii. Why do we keep running 'systems' or following wisdom that doesn't carry weight for us?
7. Can Jesus actually make our burdens lighter?
  - a. How does letting him teach us help lighten our load + make things easier?
  - b. Have you experienced this?
  - c. What methods does Jesus use to teach you?
  - d. Why do you think he mentions that he's gentle + humble?
8. Finish by talking about the soul rest Jesus offers us.
  - a. What makes our souls weary?
  - b. How does Jesus counter that kind of weariness?
  - c. Have you ever felt soul rest?

## RESPOND

- Can we pray for each other about any weariness we feel deep down inside?
  - Specifically: pray for each other about trusting Jesus with the heaviest things in our life.
- What's one thing we can do to let Jesus teach us about his yoke this week?