



## Life Guide

applying God's Word to life

### How to Rest July 18-20<sup>th</sup>, 2020

#### Matthew 11:25-30

<sup>25</sup> *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."*

1. St. Augustine said, "Our hearts are restless, Lord, until they find their rest in you." Think of a main character in a book or movie who displays that restlessness.

2. King Solomon said, "When I surveyed all that my hands had done and what I had toiled to achieve, everything was meaningless, a chasing after the wind." Give an example of how your achievements fail to put your heart at rest.

3. Google "Hamilton That Would Be Enough" and listen to the first video. It's a conversation between Alexander Hamilton and his wife. Are your thought patterns more like Alexander or more like his wife?

4. Martin Luther said, "Though I lived as a monk without reproach, I felt that I was a sinner before God with an extremely disturbed conscience... I hated the righteous God who punishes sinners... I raged with a fierce and troubled conscience." In your own words how does it feel to try to find rest by obeying God?

5. Recall your answers to the last 3 questions and think of other ways your heart feels restless. What is method of finding rest comes most naturally to your heart?

6. Reread Matthew 11:28-30 and underline words which show that the rest Jesus offers is different from the ways we try to find rest.

7. Jesus achieved a perfect relationship with his heavenly Father, and yet on the night before he died, he was restless. How could that be?

8. List 2 or more reasons why wise and learned people might struggle to appreciate the rest Jesus offers.  
List 2 or more reasons little children have an advantage in appreciating the rest Jesus' offers.

9. When something makes us restless, there's often a terrifying truth behind it, and a beautiful promise of God behind that, which comes from Jesus. As a group can you come up with an example?

- Thing makes me restless-
- Terrifying truth-
- Beautiful promise-

10. Tomorrow someone asks you what you what you learned from your study of Matthew 11:25-30; what would you say?