



Life Guide

applying God's Word to life

How to Rest July 18-20th, 2020

Matthew 11:25-30

²⁵ *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."* ²⁶ *Yes, Father, for this is what you were pleased to do.*

²⁷ *"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."*

²⁸ *"Come to me, all you who are weary and burdened, and I will give you rest."* ²⁹ *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."* ³⁰ *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.

PT Barnum in *The Greatest Showman*, Mulan in *Mulan*, Batman, Simba in *The Lion King*, Neo in *The Matrix*

It's difficult to think of a movie that doesn't exhibit this!

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.

In other words: Have you ever achieved something and it didn't provide the rest you hoped for? Many people feel this after a graduation, promotion, or a vacation.

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?

Hamilton's thought: I need to be better.

Eliza's thought: Let's appreciate what we have.

Alexander's wife wants nothing more than for his heart to rest.

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?

People will find their own ways of giving words to their disturbed consciences, but the point is that we will not find rest through our own obedience.

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?

To rephrase this question: "Complete this statement: I could relax if _____."

A person's preferred method of finding rest may not be represented by the previous examples. Other common rest-sources: vacation, money, sleep, health.

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.

I've underlined the words I thought of, but answers may vary.

Jesus offers rest to the *WEARY* and *BURDENED*, not the ambitious and energetic.

Jesus says he will *GIVE* (literally "cause") rest, rather than earning it.

Jesus is *GENTLE* and *HUMBLE IN HEART*, as opposed to the cut-throat world of advancing in the world or living under God's law.

Jesus offers rest for *SOULS*, as in, your whole person. Not just your body.

Jesus' yoke is *EASY* and his burden *LIGHT* because he did all the work.

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?

Jesus had nothing to be ashamed of in his past, but he took upon himself the sins of the world. While he earned a clean conscience, he gave that up so you could have it, while he took our sins. Even his relationship with his Father was broken on the cross so that yours could be restored. Bottom line: Jesus earned rest for you, and became restless so you don't have to.

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.

Wise and learned may insist on pursuing rest their way when it's not working.

Wise and learned may look down on Jesus' offer of free rest because it's too easy.

Little children are used to receiving everything at someone else's expense.

Little children don't have the burden of knowledge, they don't know the million alternatives to accepting the free gift of Jesus.

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-

Restless- My to-do list isn't done.

Terror- I'm not going to achieve great things.

Promise- Before I did anything Jesus said, "It is finished."

Restless- I want others to like me.

Terror- I'm not that likeable.

Promise- The Lord of the universe loves nothing more than me.

"You are precious and honored in my sight." (Is. 43:4)

Restless- I messed up and feel guilty.

Terror- I'm not a good person.

Promise- *"Christ Jesus came into the world to save sinners—of whom I am the worst." (1 Timothy 1:15)*

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

Answers will vary