



## Week 3

## Resting in Jesus

### Takeaway:

Our security rests in the work of Jesus, not our work

### Before You Begin:

What was the hardest job you ever had? What made it difficult

### Discussion Questions:

1. **Read Matthew 11:28.** What does Jesus call us to? Why is this important? How is this different from other religions? How does Christianity sometimes pervert this truth?
2. Rest is often allusive to many in our society. Why is that? In what ways has Jesus given you rest?
3. **Read Matthew 11:29-30** How has the Christian subculture defined a right relationship with God? How does this compare to how the Pharisees defined a right relationship with God?
4. How is what Jesus offers different?
5. How should this bring peace? Why do you think many believers struggle with this? Why might non-believers struggle with this?
6. How have you found Jesus' yoke and burden to be easy and light as compared to what the world has to offer?
7. How can this truth help you overcome the difficulties of life you are experiencing today?
8. How is obedience to Christ and Maturing in faith something that isn't burdensome?
9. How refreshing and freeing is it to know that my eternity is not dependent on my striving, but instead is secured by Christ's work on my behalf? What other words might you use to describe it?
10. How might your life be better if you were able to internalize this truth?
11. How might the world be better if people were able to internalize this truth?

### Next Steps:

1. Spend some time in prayer. Thank God for what he has done and ask him to help you rest in his completed work.
2. **Memorize Matthew 11:28**