

Come Unto Me
*The Gift of Christ's
Peace*

Advent 1: November 30, 2008
Matthew 11:28-30
The Gift of Unburdening Our Weariness on Jesus



Come to me, all you who are weary and burdened, and I will give you rest. 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. For my yoke is easy and my burden is light.

Matthew 11:28-30
NIV

Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me--watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly.

Matthew 11:28-30
The Message

Share your story

What do you look forward to most about the Advent Season?
What do you least look forward to?

Where is someplace restful for you?

Read the NIV version of Matthew 11:28-30 (at right)

When you hear the words of Jesus saying, "Come to me," what images come to mind?

Do these images draw you to Jesus? Why or why not?

Do you ever feel like this invitation is not for you? Why?

When you hear Jesus say, "Take my yoke," what comes to mind?

In what ways do you have trouble believing what Jesus says here?

Read The Message version of Matthew 11:28-30 (at right)

Are these words inviting to you? In what way? Which phrases do you identify with the most?

When have you experienced this kind of closeness with Jesus?

How have you spent time with him that has been restful?

Does life with Jesus feel free and light? Share practices and attitudes that help you be on a path of learning to live this way.

Apply It

Share one thing from the sermon John preached on Sunday that has stuck with you.

Share one thing you'll do in the next week to spend time with Jesus.

Pray Together!

Is there a burden you are carrying that you group can pray about with you? Let them help you give it to God so you have space to receive his rest and lightened load.