

4. Imagine mentoring a new believer. How would you transfer the lessons from this passage to guide them in understanding the significance of being yoked with Jesus?

5. The idea of revealing truths to "little children" implies a sense of humility and openness. How can individuals cultivate a humble and receptive heart in their spiritual journey? Consider instances where your own wisdom or understanding may have hindered your spiritual growth.

6. How can you integrate consistent prayer and words of encouragement into your relationships to uplift those going through difficult times? Are there specific individuals you can commit to praying for regularly and offering words of support to remind them they are not alone in their struggles?

### Responding to Jesus

"Desiring Soul Rest"

Matthew 11:25-30

### How Do We Find Soul Rest?

1. \_\_\_\_\_ to Jesus.

2. Put on Jesus's \_\_\_\_\_.

Being yoked to Jesus is the guarantee that Jesus will bear those burdens \_\_\_\_\_ me.

Jesus says, "I have looked at each of your lives. I have made you intricately. I know you intimately. Trust me. Whatever it is you're going through I will not abandon you. My yoke is custom made for you."

Psalm 55:22  
2 Corinthians 4:16-18  
1 Peter 5:7  
Isaiah 46:4  
Galatians 6:2

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Where is God leading you with your BLESS list this week?



3. Follow the \_\_\_\_\_ of Jesus.

“The heart in biblical terms, is not part of who we are but the center of who we are. Our heart is what defines and directs us...the heart drives all we do. It is who we are.” (Dane Ortlund)

The heart of Jesus is a heart that is meek, gentle, humble, \_\_\_\_\_,  
accommodating, understanding.

Resources:

- Ortlund, Dane. Gentle and Lowly: The Heart of Christ for Sinners and Sufferers. Wheaton, IL: Crossway, 2020.
- Bonhoeffer, Dietrich. The Cost of Discipleship. New York, NY: Touchstone, 1995.

### **Personal Reflection & Small Group Questions**

Please complete this study on your own, then bring it to your small group for discussion.

1. Looking over your notes from this week’s sermon, what particularly caught your attention, challenged, or confused you?
2. Reflecting on your own experiences, can you recall a time when you felt weary or heavy-laden, and how did you respond to that situation?
3. In your opinion, what might be the reasons why some people find it difficult to “come to Jesus’s” invitation to find rest and take up his yoke?