

Talk It Over

Questions are prepared each week and are designed to prompt insights, questions, and the life experience of each listener. If these are used immediately following the sermon, it would be much the same as what was done in Israel at the time of the early church.

Warm Up:

- Describe your IDEAL vacation spot; use descriptive language. What does it look like? Paint the scene.
- How often do you take vacation or plan a getaway?
- What does REST look like to you on a getaway?
- What are some barriers to finding rest?



Read

Matthew 11:28-30

Discuss:

1. What are some of the burdens of life that we carry? Using descriptive language, how does that make you feel weighed down?
2. Describe the trade that Jesus is offering. What steps do you see in that process?
3. How would you differentiate rest for the body and rest for the soul?
4. In what ways do we make coming to Jesus complicated, when he says his ways are light and easy?
5. Describe a: **place, time and/or practice** that helps you come to Jesus and allows your soul to find rest.

Wrap Up:

Share a time of prayer in your group focused on rest.