

Life Group Notes & Discussion Guide

Series: **“Putting Our Problems in God’s Hands”**

Message Title: **“Rest from Anxiety”**

Sermon Text: **Matthew 11:25-30 (p. 1037)**; Old Testament Text: **Psalms 37:12-20 (pp. 591, 592)**; New Testament Text: **2 Thessalonians 3:13-18 (p. 1261)**.

Read **Matthew 11:25-30 (p. 1037)** as you listen to the sermon, then answer the questions below.

1. Read **Matthew 11:25-26 (p. 1037)**.

Matt. 11:25 tells us that God has *hidden these things from the wise and understanding and revealed them to little children*.

What *things* have been hidden from the *wise and understanding*?

Why have they been hidden from them?

2. Read **Matthew 11:27 (p. 1037)**.

To whom is Jesus speaking at this time?

Why is it important for the people to know these facts?

3. Read **Matthew 11:28 (p. 1037)**.

What are the most important three words in this verse?

Why are they the most important?

What is supposed to happen when *we come to Jesus that will give us rest*?

4. Read **Matthew 11:29 (p. 1037)**.

What is a yoke used for?

Why will *we find rest for our souls* when *we take Jesus's yoke upon us*?

What will we learn *when we take Christ's yoke upon us*?

5. Read **Matthew 11:30** (p. 1037).

Why is *Jesus's yoke easy and His burden light*?

6. Have you ever *come to Jesus to unburden yourself & to find rest*?

Did it work?

7. What will you remember most from this message?

- I. At your Life Group meeting, first read **Psalm 37:12-20** aloud. It can be helpful to have several people each read one verse from their Bible. This helps people feel involved and can also introduce some interesting discussion if several translations are used. After reading the passage discuss it. If you are having trouble stimulating discussion, you can try asking some of the following questions:
 1. How much does it bother you that the wicked often seem to be triumphing over those trying to follow the Lord?
 2. Are there any verses in this passage of scripture that encourage you and give you hope?
 3. Read as many different translations as you have in your group of **Ps. 37:18-19** aloud again. What words & translations do you find most comforting?
- II. Next read **2 Thessalonians 3:13-18**, utilizing several group members to each read one verse aloud. After reading the passage discuss it. If you are having trouble stimulating discussion, you can try asking some of the following questions:
 1. Read **2 Thessalonians 3:13** aloud again. Then assign one of these passages to each member of your group and have them read them aloud: **Psalm 37:3, Luke 6:27-38, Galatians 6:10, 1 Thessalonians 5:15, Ecclesiastes 3:12, Titus 3:8**. Why do you think God is so “obsessed” with His followers doing good?
 2. Have you ever had to do what the Apostle Paul talks about in **2 Thessalonians 3:14-15**? As you look back on your life, can you see instances where you should have taken this advice and failed to do so?
 3. Have you come to that place in your life where you know and experience the Lord’s peace on a regular basis? If not, what do you think is holding you back?
- III. Now read **Matthew 11:25-30**, utilizing several group members to each read one verse aloud. After reading the passage discuss it. If you are having trouble stimulating discussion, you can try asking some of the following questions:
 1. Read **Matthew 11:25-26** aloud. What *things* have been hidden from the *wise and understanding*?
Why have they been hidden from them?
Has there ever been a time in your life when you thought you were one of “the wise and understanding” and were, therefore, unable to see the things God wanted you to see?
 2. Read **Matthew 11:27** aloud. Why do you think Jesus felt it necessary to make this announcement at this time?
 3. To whom do you think Jesus is speaking?
 4. Read **Matthew 11:28** aloud. What are the three most important words in this verse?
 5. Why are they the most important?
 6. Have you ever taken Jesus up on this invitation?
 7. What sorts of burdens were you able to unload? How did you feel after you did it?
 8. Read **Matthew 11:29** aloud. What is a yoke?

9. Why will taking up Jesus's yoke bring us rest for our souls?
10. What sorts of things do you think we learn when we take up Jesus's yoke?
11. Read **Matthew 11:30** aloud. Why is Jesus's yoke easy and His burden light?