

Rest for the Weary

“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

- 1) Reflect on the past 3 years (in your own life and in the life of First Free). What things have worried and burdened you? List these burdensome things:

Philippians 4:6-7 instructs us, **“do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus”** As such, lift up these burdens and concerns to God right now (individually or with those around you).

- 2) **“Come to me, all you who are weary and burdened and I will give you rest.”** Over the past three years where have you found your rest and rejuvenation? Have there been periods where you have not been fully “yoked” to Jesus and have tried to deal with your life and any worries/concerns apart from resting in Jesus?

Meditate on Matt. 11:28-30. If you are willing, pray/confess to God about those areas you have not fully allowed Him to come alongside you in.

- 3) **“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.”** Are there healthy habits or spiritual practices that have helped you during this time? Are there healthy habits or spiritual disciplines that you need to add or incorporate more fully into your life?

We will end today’s service with a time of testimony, allowing congregants to briefly share what God has been teaching them over these past few years.