



Message Outline

Doug Kyle
September 18, 2022
Matthew 11:28-12:2

Promised Rest

SERIES: 100% Chance of ...

There is nothing more certain in our unpredictable lives than when Jesus says, "I Will."

☑ **THE CLOUDS WE SEE: Weariness and Burdens**

Matthew 11:28

☑ **JESUS' FORECAST: I Will Refresh You**

Matthew 11:28-29

☑ **HOW TO (AND NOT TO) EXPERIENCE SPIRITUAL REST:**

Matthew 11:29 – 12:32

	RESTLESS RELIGION	RESTFUL FAITH
Vs. 29-30 Your YOKE See God's Expectations as	<u>Hard</u>	<u>Well-fitted</u>
Vs. 29 Your LEADER View Jesus Himself as	<u>Demanding</u>	<u>Understanding</u>
Vs. 30 Your BURDEN View Your Spiritual Duty as	<u>Heavy</u>	<u>Liberating</u>



HomeGroup Questions

Fall Session 2022

Promised Rest | 100% Chance of ...

Matthew 11:28-12:2 | Sept 18, 2022

1. Look at the chart at the bottom of the outline. Think about your earliest impressions of religion. Now circle what best describes those impressions below:

GOD'S EXPECTATIONS

Hard. ... 1 2 3 4 5 Well-fitted

JESUS

Demanding ... 1 2 3 4 5 Understanding

YOUR SPIRITUAL DUTY

Heavy ... 1 2 3 4 5 Liberating

2. What is it about religion that makes people weary and burdened?
3. Read Matthew 11:28 — 12:2 and review the outline. How is the disciples experience with religion in chapter 12:1-2 exactly the opposite of what Jesus teaches in chapter 11:28-30?
4. Matthew 11:28 contains Jesus' second "I will" promise in the New Testament. Who is it for? What does He offer? What do we need to do to receive it?
5. Jesus describes the rest He offers as "Rest for your soul" (vs. 11:29). How does that differ from physical rest? Are they connected?
6. Most people wouldn't define being a follower of Jesus Christ as EASY. What do you think Jesus meant (vs. 11:30)?
7. Jesus defines Himself as gentle and humble. What does that mean to you? Have you experienced this? How so?
8. How much do you feel like you need spiritual rest right now?
Not Really ... 1 2 3 4 5 So Much
9. How can your group pray for you?