

Sermon Study Guide – July 9th, 2023

Today's Focus: "R&R Redefined"

1) Thoughts to get you started...

- ◆ Why do we as human beings need “rest & relaxation”? Where do you go in your life to get some “R&R”?
- ◆ Do you struggle to get enough R&R with everything God has called you to do? Why is it so hard to get enough rest in our lives? How does Jesus provide us with rest in a unique way?

2) Today's Message: Matthew 11:25-30

²⁵ At that time Jesus said, “I praise you, Father, Lord of heaven and earth, because you have hidden these things from the wise and learned, and revealed them to little children. ²⁶ Yes, Father, for this is what you were pleased to do. ²⁷ “All things have been committed to me by my Father. No one knows the Son except the Father, and no one knows the Father except the Son and those to whom the Son chooses to reveal him. ²⁸ “Come to me, all you who are weary and burdened, and I will give you rest. ²⁹ 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. ³⁰ For my yoke is easy and my burden is light.”

3) What does God want you to hear today?

Throughout the sermon, consider...

How does today's sermon show you your sin? (i.e. What's the law?)

How does today's sermon show your Savior? (i.e. What's the gospel?)

Law:

Gospel:

How does today's sermon change how you want to live your life?

Answer the following questions if it helps you follow the sermon...

1. How were the people of Jesus' day struggling to find "rest"?
2. How does Jesus explain and define the "rest" he provide?
3. How do we keep the 3rd commandment? How do we break it?
4. What effort ("yoke") does following Jesus involve? How does it actually make our load lighter?
5. Why is God so worthy of praise? (*Hint: for whom is this "rest"?*)
6. Do you *have* to go to church every Sunday? Yet, what will you want to be doing?

4) Taking it Home:

Read these sections of the Bible to reinforce this week's truths:

Monday: *review* Jos. 23:1-11, Ro. 7:15-25

Tuesday: Psalms 3-4

Wednesday: Hebrews 4:1-13

Thursday: Proverbs 3:1-26

Friday: *read/review* Mt. 11:25-12:14

Saturday: John 15:1-17