



## **REStoration**

Mt 11:28-30; Ps 23:1-3

**Weekend of Sept. 7-8, 2019**

### Sermon Summary

Let's start with the fun stuff. We all get tired and weary. Where do you go for rest and restoration? Some do it well others don't. Vacations, hobbies, video games and a night out are all good. But real rest is more than just getting away. Jesus offers rest in the strangest way, by taking his burden. Go figure!

### Discussion Questions

What is your philosophy on the car's gas tank:

- A. Fill it up once it hits half empty?
- B. See how far you can get with the yellow light one?

Where is your personal fuel tank right now?

How do you typically find rest from the burdens of this world?

### **READ Matthew 11:28-30**

What do you consider restful? How does that compare to what Jesus is talking about here?

Is what you do for rest now able to be transformed into genuine rest that Jesus offers?

How can the group pray for your sabbath-rest?

### Make the Application / Tear-off Question

What keeps you from truly entering Jesus' rest?

### Memory Passage

Matthew 11:28-30 - 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.”

### Verses We Read Together in Worship

Psalm 23

### Songs We Sang Together in Worship

Open Up Our Eyes  
God and God Alone  
O Come to the Altar  
You are my Strength  
Lord I Need You