



Rest for Your Soul
Matthew 11:28-30; Colossians 3:1-17
Week of Dec.1, 2019
David Lee

Objective of this study: To understand more about the life Jesus has for us, and what learning from him looks like.

[Remember, the main goal of each Growth Group is to allow God's Word to change your heart so that others would see Jesus in you and be likewise changed to be like him. He wants to change the world through us.]

Worship (5–10 minutes)

1. Sing a song or two of praise and thanksgiving to God.
2. Spend five minutes in silence asking God to prepare your heart for hearing his word. After the silence, have someone read **Psalm 25:4-5** meditatively to the group. Pause after each phrase letting God speak to you. **Did anything "jump out at you"?**

Welcome question

What have you experienced in your life that was unexpectedly restful?

[It's really important when doing this study that we each think about ourselves specifically and ways we need to grow, not how Christians in general need to grow. Do the hard work of letting the Holy Spirit speak to *your* heart.]

Word/Work (60-90 minutes)

1. What stood out from the sermon?
2. Read Matthew 11:28-30 and Colossians 3:1-17.
3. Look at Matthew 11:28-30 again and find the verbs, the things Jesus is instructing us to do. The first one is 'come.' What else? What verb says what Jesus will do?
4. Next find the adjectives, all the ways Jesus describes himself, his yoke, and his burden.
5. As you put these together, what picture do you get?
6. Let's apply Jesus' words to Col. 3:1-17:
 1. How would living the way Paul describes in verses 12-17 lead to rest for our souls? Slow down on this question, read these verses again, and think about specific things Paul instructs us to do. How would they lead to rest for our souls?
 2. And if we let the things Paul mentions in verses 5-9 remain in our lives, how would they lead to unrest and burden, for ourselves and in our relationships?
7. In thinking about discipleship, there are (at least) two dangers: We might think we have to drive ourselves to perfection, and we'd get discouraged. Or we might think there's nothing for us to do, be passive about it, and suffer because of the negative things we allow to stay in our lives. Jesus said, "**Learn from me**" (Matthew 11:29). How does this differ from both of the above approaches, and how does it lead to hope and change?
8. Ephesians 4:15 talks about the importance of both **truth** and **love** in the process of growing up in Jesus. We don't find rest by living in denial about what's wrong inside, which works its way out and troubles our relationships. Instead, as we walk with Jesus and put ourselves in a position of humility, **learning from him**, he will speak truth to us about what needs to change in our hearts, and also about how much he loves us and that we can trust him. He will help us to

deal with these things, and he'll lead us to rest for our souls. How have you experienced this in your life?

9. Consider memorizing **Matthew 11:28-30**, or reading it over every day for a week (or more), to let Jesus' words soak into your mind and heart.
10. What is your take-away? What is the Holy Spirit putting on your heart?

"Guide me in your truth and teach me, for you are God my Saviour, and my hope is in you all day long" (Psalm 25:5).

Prayer:

Special prayer request: Please pray for Jamilla and Nadeem Qazi. They have just received the devastating news that their son's wife, Ida, has cancer and doesn't have long to live. The couple has four young children.

Spend time praying for each other. **Thank Jesus for who he is and the life he has for us!**

Here are some things you can pray about for the church:

- A. That, as a church, we would actively and purposefully engage in the mission of Jesus in Campbell River.
- B. Our church board and staff as they lead us to live out the mission of Jesus.
- C. River Kids ministry as they reach out to kids in our community.
- D. **Missionaries: Jamilla and Nadeem Qazi.** (Check our [website](#) for how to pray for them.)
- E. **Local church: Gateway Foursquare Church.**

Radiant Life December Drive - Toques, mitts, deodorant, toothpaste.