

Free-be

Too good to be true?

6. Rest

Introduction:

We live in a world where we are pressured to perform and to conform. We allow ourselves to live under this pressure and we place others under the same pressure. It leaves us feeling exhausted and empty. But is there another way? Can we find the balance between work and rest? What does grace look like in this context?

Questions:

- What is your natural response to rest? What do you like about it and what do you struggle with?
- Do you ever feel that the more you do, the more important you are? Where have you experienced this?
- Where do you feel the pressure to perform and to conform? How does this leave you feeling?
- Read Matthew 11:28-30
- A 'yoke' is a symbol of work, why is Jesus using it here as he talks about rest?
- During the message Chris said that we are all yoked to something or someone. What are the things that you find yourself 'yoked' to. What are the things that are forcing you to walk in step with them?
- What does it look like for you to learn to walk in step with Jesus? What impact do you think this would have on your attitude towards work and your priorities?
- During the message Chris said the 'Jesus doesn't invite us to a balanced life but a blended one.' How do you think accepting Jesus' invitation to 'Come to me...' helps you to bring all the elements of your life together so that they don't compete against each other but work together in harmony?
- What can you do to be a person of 'grace' this week?

Moving Forward:

When we place ourselves under the pressure to perform and conform we are left feeling empty and exhausted. However, when we come to Jesus, when we learn to walk in step with him we find rest for our souls.