

LifeGroup Questions

Stressors

Based On: Matthew 11:28-30

May 4, 2014

Overview

Jesus often taught with illustrations that would relate to His listeners lives. In the agricultural setting of Jesus' day the illustration of a yoke would resonate with the people. A yoke was placed on oxen so they could carry a load together. In today's passage the first step to finding rest is to "come to Jesus". This initial rest is salvation. It is the peace of knowing that Jesus is your Lord and Savior. Once you come to Jesus and believe in Him there is a second rest that is offered. This is a rest that many believers search for, but do not find. God gives the first rest, while the second rest is something you will find. This second rest comes only after you take up the yoke of Christ. Once oxen are yoked together they do not have independent wills. They work together in tandem until the job is done. Taking up the yoke of Christ means surrendering your wants and desires and seeking God's will. For most believers this is a struggle. People like to be in charge and to have things their way. Surrendering to Christ and letting go of your will is something that most believers need to learn. Jesus said in this passage "learn from me." Jesus submitted to the will of His Father throughout His ministry. In Matthew 26:39 Jesus said: "Yet not as I will, but as you will." Jesus knew what it was like to face disappointment, be abandoned by friends, and carry a cross. It is with that same understanding that He makes an offer to all believers to do life together, take up His yoke, and find rest.

Bible Study: Matthew 11:28-30

1. What are some differences between the way believers and nonbelievers face the disappointments and stressors of life?
2. How have the ways you dealt with life's struggles and disappointments changed as your relationship with Christ matured?
3. In the sermon Pastor Brent said: "I assume that many of us, if we're honest, have never found rest for our souls in certain areas of our lives. There's still an anxiousness and a lack of peace and joy in the face of our disappointments. We never seem to gain victory." What areas of your life do you have trouble finding rest? Why are these areas a struggle?
4. Read 2 Corinthians 4:8-9. The Christian life comes with its fair share of disappointment, heartache, stress, and loss. In what ways does believing in Christ give you the strength and peace to make it through? How would you explain this inner peace to someone who doesn't know Christ?
5. In the beginning of Matthew 11:28 Jesus says "Come to me." He didn't offer an invitation to come to his miracles or teachings. The invitation was to come to Him. What importance is a personal relationship with Jesus when dealing with disappointment and stress? Why is just knowing about Christ not enough?

6. Read Philippians 4:9. This verses states that what you learn must be put into practice in order to find peace. What correlation is there between finding peace and surrendering your wants and desires to God?

7. In the sermon Pastor Brent said, “I want us to be sure to catch this: this yoke is for Jesus and us to pull our burden together. It’s His yoke. He presents us, spiritually, with His yoke, His offer to help: Take this yoke of Mine; you stick your head in there and I’ll put My head on this side and together we’ll pull this burden.” In what ways have you experienced the sharing of a burden together with Christ?

8. What steps can you do over the next week to take up the yoke of Christ?