Outline for small groups
Rest
Matthew 11:28-30

I. Why do we struggle so much with work?
- A. We think work is how we provide for ourselves.
- B. Work is often how we establish our identity.
- C. Through our work we are trying to please people or measure up to God

II. The definition of rest
- It is to be utterly satisfied with what has been done.

III. The invitation Matt. 11:28
- A. Come to Jesus
- B. Lay your burdens down
- C. Receive the rest He gives

IV. A New Perspective on work and rest Matt. 11:29-30
- A. Take my yoke
- B. Learn from me- He is gentle and humble.

"Apart from Christ, you will "work" even when you are resting.
With Christ, you can rest even while you are working."
Tim keller

Small group questions
1. Would you say that you are balanced between work and rest? Why/why not?
2. Where do you tend to find your identity? What tends to define you?
3. According to the message, what would you say is the key to finding rest in Christ?
4. What do you think about Christ's description of His heart?
5. What steps can you take to practice resting in Christ?