

TEXT: Matthew 11:28-30

OUR JOURNEY BEGINS ...

- To define a lifestyle that enhances our spirituality instead of competing with it
- To produce a love, a peace, and a joy that comes from within us and is not determine by our circumstances
- To live a life of significance, and ultimately experience the highest praise an individual can receive – God saying “well done.”

QUESTION: As followers of Christ, do we find Christ’s yoke to be easy (or fit perfectly) or that the burden of living Christ-honoring lives to be light? Are we a people who are full of energy, life, and love, or are we wearied and disappointed by life? Why do you think this is so?

THE LIFE WE LIVE IS NOT THE LIFE THAT JESUS DESIRES FOR US. THERE IS SOMETHING MORE.

CHOICES:

1. **Stay as I am.** “For if you listen to the word and don’t obey, it is like glancing at your face in a mirror. You see yourself, walk away, and forget what you look like.”
2. **I will try to do more.** We add Jesus’ yoke to the one we now carry. Our spiritual walk doesn’t change our relationships with God, each other, and the world, but instead becomes rituals which we add to the burdens we already carry.
3. **I will change.** I will give up what I believe is precious to gain what is truly priceless.

JESUS’ REST IS EXPERIENCE IN THE MIDST OF LIFE, NOT BY DISENGAGING FROM IT! THERE IS A YOKE, AND THERE IS A BURDEN.

LISTEN AGAIN TO JESUS’ WORDS. “COME TO ME ... THERE IS REST ...”

Suggested Reading:

Matthew 5,6 and 7 (The Sermon on the Mount)
“The Divine Conspiracy” by Dallas Willard

Suggested Small Group Topics:

- Why did Jesus emphasize his humility and gentleness? How would this affect the way we live?
- Do we worship a humble and gentle God? Do we want to? How does this affect our relationship with Him?
- Is our faith based on relationship or ritual? What is left of our faith if all that is physical (church building, services, the bible, music, etc.) were removed? What would be left of our faith?
- Does my lifestyle enhance my faith or compete with it? What am I willing to do to change it?