

## CONNECT GROUP NOTES - Invitation to Rest

### Getting Started

What is the most refreshing holiday you have ever been on?

### Getting Stuck In

Use some of these questions to begin to think about the topic:

- What makes you tired?
- How do you try and relax?
- How are we encouraged to live "rest-less" lives?
- What things might people worry about that takes away the ability to rest?

Read again Matthew 11:28-30

Following Jesus is not about carrying a heavier burden than the one we already have.

What sticks out to you from these verses?

Jesus talks about a yoke. In life we are all yoked to something; we do not live independently.

What or who can people be yoked to? (E.g. work, family, their past)

A yoke will not work without two oxen in it - there must be a team. Jesus invites us into a team that will walk through life together.

### Getting Personal

Two people are necessary to fill a yoke.

With whom do you share a yoke?

If you were to look honestly at your life, are you satisfied with the amount of work you do and the amount of rest you have?

Do you: Divert daily, Withdraw weekly, Abandon annually

Which one causes you the most struggle to do and where/how are you going to make a change?

Finish this sentence: I need Jesus to partner with me in my burden of.....

Pray for each other