

# Sermon Study Questions

May 30, 2021

1. Read Matthew 11:28-30
2. Jesus' invitation is to those who are tired from carrying heavy burdens. What are some of the burdens identified in the sermon that we bear? Do any of these burdens affect you personally?
3. The linguistic connection between v.28 and Luke 11:46 shows us that one of the burdens Jesus has in mind here is the burden of religion. What is that? In thinking of Christian's experience in *Pilgrim's Progress*, how is it that "reading this book" can cause heavy burdens to weigh upon us?
4. What does it mean to "come to Jesus"? How does someone come to Jesus even though He isn't physically present?
5. St. Augustine said, "Our hearts are restless until we find our rest in Thee." Why is a relationship with Jesus a relationship of rest?
6. We all know that coming to Jesus doesn't mean that from that moment on we will live in a state of perpetual rest, but there are still burdens that will come upon us throughout our lives. We know this from our own experiences, and we see it in even the greatest apostle, Paul himself (see for ex. 2 Cor.1:8 and 5:4). In light of that, what does Jesus mean when He says, "Come to Me...and I will give you rest?"
7. We see in v.29 that the key to resting in Jesus is learning from Him. How do we learn from Jesus? What are some particulars we are to learn from Him to help us enjoy His rest? For starters, look at the context in v.27 and 29, but then also think practically as to some other things you need to learn and know in order to find rest even amidst the things that burden you.
8. Let's put it all together now by applying these things in practice. What do you need to learn and know from Jesus in order to bear the burden of guilt – (or to ask it another way, how do you find rest in Jesus if you are carrying the burden of guilt?) What about the burden of shame? What about the burden of religion?
9. What about some of the specific burdens of life in general, such as the burden of having tension in a close personal relationship, or the burden of financial stress, or the burden of fear, worry and anxiety, or the burden of affliction in your life or the life of a loved one, or the burden of being uncertain about what the future holds for you or a loved one? Please be specific, as this is where the rubber meets the road and we begin to experience what Jesus promises!
10. Pray!