



INTRO: As we transition into September and back-to-school events, we find that our calendars aren't the only things changing. Our routines and attitudes are shifting, too. Each day, our lives pick up speed, our responsibilities expand, and by the end of the week, we've accumulated enough stress to rival our piles of dirty laundry and half-finished projects. As we look at the Gospel of Matthew this month, listen for the way Jesus is inviting you to rest in him *right now*. Staying close to him is the difference between worry and freedom, or surviving and truly living.

1. What area of your life feels stressful right now?

READ Matthew 11: 25–30

1. Look at Jesus' prayer to God (verses 25–26). Why is he praising God?
2. What is Jesus referring to in verse 25 when he uses the phrase "these things?"
3. How would you describe this passage in one word? How would you describe God's character in this passage in one word?

SERMON QUESTIONS:

1. When has Jesus offered you rest? How did you respond?
2. How is Jesus' peace different than relaxation?
3. How would you define discipleship?
4. What burden are you carrying today? Can you entrust it to Jesus?

OUTRO: God never asks us to be perfect, only that we bring our full selves to him, including every fear, situation and source of overwhelm that we try to hide from the world. God is with you and for you no matter what, reminding us always that his power and peace are as real and near to us as the air that we breathe. It's time to set down our burdens and rest in God's presence.

PRAY TOGETHER.

(Give your daily worries to Jesus so you can experience his power and peace each day.)