**Connect Group Study following the talk on Sunday 24th April 2022**

**Read**
Matthew 11:28-30

**Opener**
Jesus talks about ‘rest’ in this passage - what’s the best holiday you’ve ever been on?

**Questions for discussion**

Who does Jesus call to Himself in verse 28? Is He being exclusive?

What do you think is the difference between weary and burdened? How you feel at the moment?

What does Jesus promise those who come to Him (verse 28 and 29)?

Have you experienced the rest that Jesus gives us? What is it like?

Jesus gives two commands in verse 29. What are they? Split into groups and try explaining the meaning of each of these in your own words. Present back to the main group with your summary.

Jesus tells us to ‘take my yoke upon you’. Do you think Jesus’ way is a burden? Do you think his teachings are hard or heavy?

Jesus tells us to “learn from Me.” In what areas have you learned from Jesus? What areas do you think He has nothing to teach you?

Do you think of Jesus as ‘gentle and humble in heart’? Why or why not? Who do you know that is like that?

Jesus said his ‘yoke is easy ‘ and his ‘burden is light’ (30). How would respond to someone that says the Christian life is burdensome?

What burdens do you need to give to Jesus? Where do you need to take up the yoke of his teaching and way of life?