

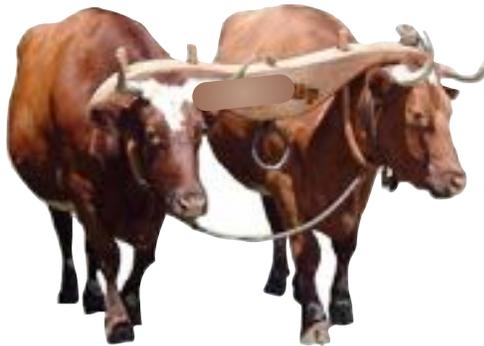
# Recovering Rest

In the New Testament, the concept of “Rest” is not merely the cessation of activity; it is a spiritual state of well-being which is the gift of Christ, to those who yield the whole of their lives to Him.

## Rest for Our Soul

### The Yoke of Christ Matthew 11:28-30

**28** “Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. **29** Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. **30** For my yoke is easy, and my burden is light.”



## OBSERVATIONS

- ◆ We must come to Jesus in order to find spiritual rest.
- ◆ A yoke is an instrument of bondage, but in this case the bondage is sweet.
- ◆ Spiritual rest begins in the soul.
- ◆ The yoke of Christ is easy and not burdensome.

## APPLICATION *for Daily Living*



### Which is Truly Needed?

Modern life is becoming continually complex. We tend to fill in the gaps of our lives with lots of screen time, but do things like social media really improve life or simply make it more complicated.

In order to progress spiritually, we must learn to give God time.

Take time to think about how you use time, and boldly cut out the things that really don't matter.

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## Further Study *for a deeper understanding*

### Seek First the Kingdom

Jesus promises that if we seek after the kingdom of God, that is, God's benevolent rule over our lives, that all the things we need will be provided for us. Read about this in **Matthew 6:25-34**

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## QUESTIONS *for discussion*

**What are the things about modern living that exhaust you?**

**Is your exhaustion more physical or emotional?**

**How much of what exhausts you is really needed?**

**What energizes you?**

**If you were yoked together with Christ, what do you think is the first thing he would say to you?**