Life Group Growth Guides

Notes & Quotes

PASSAGE FOR STUDY

Matthew 11:25-30

THIS WEEK'S *TAKE HOME TRUTH*

Jesus wants to give us rest eternally and in our day to day living in this busy and weary life.

Come to Me, all who are weary and heavy laden, and I will give you rest. Take My yoke upon you, and learn from Me, for I am gentle and humble in heart; and you shall find rest for your souls.

Matthew 11:28-29

Feb. 22nd 2026

Opener

What is something you enjoy doing for fun that brings you joy and peace? Why are those times so special to you? **Describe.**

Think of a time recently when you felt your heart was at rest with the Lord and with life. What was going on in your life at the time. **Describe.**

Describe a time when you were so burdened by something that you felt like you were "just hanging on" and didn't have much strength left.

First Look

It seems odd that Jesus prayed the prayer that He did in **Matthew 11:25. Look at Isaiah 29:13-14**, to help explain why Jesus prayed the way He did.

Read 1 Corinthains 1:26-29. Why is this passage important in understanding Jesus' prayer in verse 25.

Read Ephesians 2:8,9. Why is understanding the Ephesians passage important to understanding what Jesus is saying in verse 27?

Looking at verse 28, Jesus is asking everyone to come to Him-all those who are weary and heavy-laden. Do you remember what it felt like when you saw a family member or a friend who was hurting, and you pleaded with them that there is help and hope, if they would choose to do what is right to correct the situation? What must Jesus have felt when He saw all the hurting people, burdened with guilt and shame and not having direction, but He was able to give them rest from all of that? What things in life keep people from believing in Jesus for their eternal life and finding rest?

In verses 29-30, after we have come to faith in Christ, Jesus asks us to come along-side Him and be His disciple. He has so much to teach us and we have so much to learn. Living in this world, what do you think He wants to teach us that will give rest to our souls? Think about how guilt and shame and lies affect the way we see ourselves and act out what we believe.

Why is Jesus' means of discipleship so different from the worlds "self-help" model we see all around us?

Digging Deeper

How did Jesus minister to the woman at the well **(John 4:7-26),** that nurtured her heart and made her feel that someone cared for her even when she knew that He knew everything about her?

How does Jesus use the study of His Word and prayer and being able to share with others about our life's struggles and hardships to disciple us and make us more like Him?

Read 2 Corinthians 1:3-4. Why is this such a valuable passage to remember when Jesus is leading us and directing our steps through our most difficult times in life? Often it is hard to see what God is doing in the moment.

Who besides Jesus knows what is inside your heart when life is at its most trying times? If you can-share a time when life was hard, but Jesus saw you through it and your life will never be the same because of His grace.

Life Change

***Prayer Time . . .** Take some time to pray for one another. How can we be an encouragement to someone this week who may be struggling?