

Jesus is Gentle & Lowly

Jesus offers rest,

Through His yoke,

To the weary and burdened,

Because He is Gentle & Lowly.

So learn from Him.

(Scripture References: Matthew 11:28-30, Matthew 11:16-26, Genesis 2:2-3, Matthew 23:1-4, Matthew 3:16-17, James 2:19, James 4:6-10, 1 Peter 5:5-7, Matt. 23:12)

Small Group Discussion Questions:

- What's something you finished recently that gave you that satisfying "it's done" feeling? (Or hoped it would and it didn't)
- Was there anything from the sermon that you found encouraging, challenging, or thought-provoking?

- Read Matthew 11:28–30. Jesus says the deepest truth about who He is, His very heart, is that He is “gentle and lowly.” What do you make of the fact that out of everything He could have said about Himself, that's what He chose?
- Pastor Josh said rest is not just the cessation of activity, but the presence of satisfaction. Why do you think people can stop working and still feel no rest in their souls? (AND/OR)The sermon talked about how a life without rest is like the “should” kind of life, that constant inner voice saying “I should be doing more, I should be better by now, I should have this figured out.” Where have you seen that kind of inner restlessness show up in your own life, even during seasons that look fine on the outside?
- Jesus says to take His yoke and learn from Him. What do you make of the idea that true rest doesn't come from total independence, but from submitting to a new Master and being yoked to Jesus?
- The sermon contrasted the people who were amazed by Jesus with the people who actually came to Him. Why do you think people can be impressed by Jesus and still resist Him when He calls for repentance and change? (Matthew 11:16-19, 20-24)
- Consider the illustration of Jesus as a doctor whose joy increases to the degree that the sick come to Him for help. How does viewing Jesus as genuinely gentle and lowly in heart change the way you approach Him when you fail or feel overwhelmed?
- Pastor Josh ended with two movements: rest in His atoning work, and learn from Him. What might it look like for you to respond to Jesus’s invitation this week in a concrete way? (And how can we encourage each other in that?)