

# Sunday Sermon Questions • 5/10/2026

## *The Lies We Believe – Week 5: Rest for the Weary*

### Sermon Passages

Matthew 11:28–30 “Come to me, all you who labor and are heavy laden, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.”

Exodus 20:8–11 “Remember the Sabbath day by keeping it holy. Six days you shall labor and do all your work, but the seventh day is a sabbath to the Lord your God. On it you shall not do any work, neither you nor your son or daughter, nor your male or female servant, nor your animals, nor any foreigner residing in your towns. For in six days the Lord made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the Lord blessed the Sabbath day and made it holy.”

Genesis 2:2–3 “By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work. Then God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done.”

#### Psalm 23:1–6

“The Lord is my shepherd, I lack nothing. He makes me lie down in green pastures, he leads me beside quiet waters, he refreshes my soul. He guides me along the right paths for his name’s sake. Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me. You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows. Surely your goodness and love will follow me all the days of my life, and I will dwell in the house of the Lord forever.”

#### Practical Application

- 1. Let people help you** – Don’t reject help while secretly resenting that nobody helps. Delegating does not make you lazy and saying no does not make you a bad person or a bad Christian. Your family does not need a burnt out superhero, they need a healthy mother/ father/friend.
- 2. Stop tying your worth to productivity** – You are valuable before you accomplish anything today or this week. God is not more pleased with you when you are exhausted.
- 3. Build rhythms of rest without guilt.** Not just big vacations, daily rest, mental rest, spiritual rest. Maybe that means: putting down the phone, saying no, asking for help, taking a walk, going to therapy, spending time with the Lord before your day begins, allowing unfinished laundry or dishes to exist one more day. The world will survive!
- 4. Bring your weariness honestly to Jesus** – You don’t need to come to the Lord any way other than being real and honest. “God, I’m tired.” “I can’t carry this alone.” “I need help.” “I feel overwhelmed.” The truth is Jesus never rejected weary people, He invited them close. He invited them to rest.

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### **Carrying What Was Never Yours**

What burdens are you currently carrying that Jesus never asked you to carry, and how might surrendering them change your relationship with God and others?

### **Burnout or Faithfulness?**

Why do you think many Christians confuse exhaustion with holiness, and what does biblical rest actually look like in everyday life?

### **Rest for the Soul**

Jesus promises “rest for your souls” in Matthew 11:28–30. What is the difference between physical rest and soul rest, and where do you personally need soul rest right now?

### **The Weight of Control**

How can fear and the need for control keep us from trusting God, and what are practical ways we can release control to Him?

### **Yoked With Jesus**

Jesus says His yoke is easy and His burden is light. What does it practically mean to be “yoked” with Jesus in the responsibilities and pressures of daily life?

### **Prayer Prompt**

Lord Jesus, we bring You the burdens we were never meant to carry and ask for the courage to surrender them into Your hands. Teach us to trust You in our resting, reminding our hearts that our worth is not found in what we do but in who we are in You. Help us walk closely with You, yoked together, so that even in our responsibilities we may find true rest for our souls.  
Amen.