



Part 1: Burdens

Have you ever felt like you were trying to carry the weight of burdens that were too much to bear? Most of us have had seasons like that. Some of us have tried to deal with life by just pushing through those hard times. Unfortunately, it's easy to burn out that way. Fortunately, Jesus offers us a different way to cope.

Scripture: Matthew 11:28-30

Bottom Line: Let God carry the burdens that you weren't designed to.

Discussion Questions

1. When you feel particularly stressed out or burnt out, what are the best ways you have found to relax and unwind?

Read Matthew 11:28-30.

2. What do you think are some of the symptoms of your soul being tired? Have you ever experienced that?
3. What do you think are some common burdens that people try to carry that lead to that kind of soul-fatigue?
4. Jesus says he will give rest. Think about what it feels like to be really tired and then to be able to have a time of deep rest. What does it feel like? What do you think the experience of having rest for our souls is like?
5. Do a quick word search in the Bible for the word 'yoke.' What is a yoke and what type of things is a yoke symbolic of in the Bible? Jesus uses the idea of a 'yoke' as a metaphor. What is it a metaphor of? How does this compare or contrast to the other ways it is used in the Bible (and the other types of things it is symbolic of)?
6. Jesus says that his followers will be able to bear his yoke and carry the burden that he gives. What do you think that means? What burdens or yokes are appropriate for us to carry?

Moving Forward

Are there burdens that you try to carry that you need to release to Jesus? Practically speaking, how do we allow Jesus to give us rest? What does it look like to take his yoke and bear the burden he gives us?