

Sunday, September 3, 2017 - "A Return to Rest" - Gerald Coleman

Key Passages: Matthew 11:25-30, Proverbs 14:12

- Feel free to read the passage(s) out loud as a group
- Allow the group to share freely about what stood out to them from the passage or from Sunday's message

Main Ideas

- Matthew 11:25-30
  - People like us who were working hard but maybe dissatisfied
  - Working on our own strength --> always leaves us empty (unsatisfied with who we are or where we are)
  - The goal of humanity is rest
- The Garden
  - They had everything they needed with no insecurity. Just "chilling" in the presence of God
  - The summit of creation was day 7 when God rested
    - It was just about "being"
    - As if God was saying "It's all here. It's all complete."
  - Then the enemy says "something is lacking" and they tried to find what they thought they needed apart from God
  - Shalom = Nothing broken, nothing missing, God knows we want it but also knows we go about it the wrong way
- Sabbath: Last in creation, first in intention
  - To remind is just to be
  - Human BEINGS not Human DOINGS
- Rest is not about working/doing, it's about being
  - In Christ we have everything we need
  - Our disposition needs to change: Resting (starting point) --> Working
- The symbol for rest is a YOKE
  - Yoke was used to pair inexperienced/young ox with experienced/older ox
  - Ultimately you have to EMBRACE THE YOKE
  - Jesus is gentle and meek/tender in his leadership of us (His yoke is easy)
  - Only Jesus' yoke is one of freedom (Proverbs 14:12 - only way is submitting to Jesus)
  - We are the young ox and Jesus has the other part of the yoke.
  - He invites us into the way of following Him
- 3 Ways of learning (learning a language as an example)
  - 1) Classroom/lecture (taking a Spanish class)
  - 2) Apprenticeship (getting a Spanish tutor)
  - 3) Immersion (going to a country where they speak Spanish)
- Part of being a disciple is being a DISCIPLEMAKER and we can't do this independently
- D-Groups & C-Groups as vehicles for discipleship at Grace
  - D-Group: Lifestyle of growth, personal attention, learning to hear from God (gender specific, 2-6 ppl)
  - C-Group: Authentic friendships, life-change, shared mission (inclusive gender, 6-20 ppl)

Questions (Feel free to use all of these, some of these, or none of these)

1. How do you relate to the idea of being unsatisfied with who or where you are?
2. What is your natural response when you feel dissatisfied or worn down?
3. What has God taught you about rest and sabbath?
4. Why is it such a struggle for us to wrestle with idea of being vs. doing?
5. What is an example of you trying to get what you need/want and coming up empty because it wasn't God's way?
6. Have you submitted to wearing the yoke of Jesus? What areas/things are still hard for you to submit and surrender to His leadership?
7. What is God inviting you into as a result of this passage or message?

**\*\*15 Minutes with God Reading Plan-**

Mon: Colossian 1 Tues: Colossians 2 Wed: Colossians 3 Thurs: Colossians 4 Fri: Ephesians 1

**\*\*5 Minutes Reading/5 Minutes Writing/5 Minutes Praying**