

WALKING IN HIS FOOTSTEPS

“Rest for your soul”

Getting Started

What is the season in your life when you got the least rest? Explain why

Where are the places in your life where you feel most stressed and most at rest?

The National Sleep Foundation recommends that adults get between 7-9 hours of sleep at night. How does your lifestyle measure up to their recommendations?

Going Deeper

Take a moment to read the following words of Jesus about rest.

[Matthew 11:28,29](#)

“Come to me, all you who are weary and burdened, and I will give you rest. 29 Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. 30 For my yoke is easy and my burden is light.”

As you look over these verses be careful to note a word or phrase that speaks to you then take a moment to share with the group.

Read [Matthew 6:31-34](#). What wisdom do these verses give about your pace of life? What wisdom do these verses give about what the focus of our life should be?

“You can’t rest until you stop running.” How have you seen the truth of this statement lived out in your life?

Read [Matthew 23:1-4](#), [Matthew 23:23](#) According to these verses, what was the cause of the heavy burden most people struggled with in Jesus day?

Have you ever been in a place in your life when you felt the burden of religion on your shoulders? Have you ever been a part of a church that weighed you down with do's and don'ts? What did that do to your relationship with God?

You can't rest until you stop trying to do it on your own. What are the ways that you most often get caught running?

- Run for work
- Run to fill a calendar
- Run because we think if we are busier we are more valuable
- Run with a fear that we won't have enough
- Run to achieve financial security

Action Step

Jesus calls you from the burden of performance to the freedom of grace. How can understanding this idea transform your relationship with God and bring you rest? What steps can you take to help solidify this principle?

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