

Resting in God's Love

Lesson Text: Matthew 11:28-30

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(New International Version)

28 “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.”

Matthew 11:28-30

(Amplified Bible)

28 “Come to Me, all who are weary and heavily burdened [by religious rituals that provide no peace], and I will give you rest [refreshing your souls with salvation].

29 Take My yoke upon you and learn from Me [following Me as My disciple], for I am gentle and humble in heart, and you will find rest (renewal, blessed quiet) for your souls.

30 For My yoke is easy [to bear] and My burden is light.”

Lesson Objectives:

1. Understand the invitation Jesus offers to those who are weary and burdened.
 2. Learn what it means to take Jesus' yoke and find rest.
 3. Apply the teaching of this passage to our daily lives.
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Lesson Outline:

1. The Invitation (Verse 28)

- **Explanation:** Jesus invites all who are burdened or weary to come to Him for rest.

2. The Exchange (Verse 29)

- **Explanation:** Jesus asks us to take His yoke upon us and learn from Him. A yoke is a wooden frame used to connect two animals to share a load.

3. The Promise (Verse 30)

- **Explanation:** Jesus promises that His yoke is easy, and His burden is light. This means that walking with Jesus is not burdensome but liberating.

Questions:

1. Why does Jesus offer this invitation to everyone?
2. What kind of rest does Jesus promise? (Vs. 29)
3. What are the benefits of “rest” regarding Matthew 11:28?