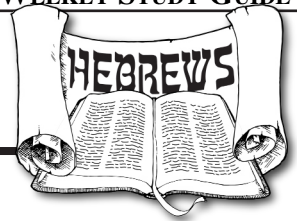


6. *“Rest comes from working.”*

- What is wrong with that statement?

- What is right with that statement?



## Finding Rest

Introduction: HEBREWS 3:7-11; MATTHEW 11:28-30.

I. You \_\_\_\_\_ if:

A. ... You are \_\_\_\_\_. MATTHEW 11:28

B. ... You are \_\_\_\_\_. MATTHEW 11:28; JAMES 2:10

C. ... You are \_\_\_\_\_.

II. \_\_\_\_\_ is the \_\_\_\_\_ of rest.

A. Jesus is \_\_\_\_\_.

B. Jesus is \_\_\_\_\_ . HEBREWS 2:17

III. What is the \_\_\_\_\_ of \_\_\_\_\_?

A. It is a \_\_\_\_\_. MATTHEW 11:29

B. It is \_\_\_\_\_.

C. It is a \_\_\_\_\_. LUKE 9:23-24; 1 PETER 2:24

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## PERSONAL APPLICATION

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1. What part of this Bible study had the greatest impact on you?

2. In what way do you sense God leading you to respond this week?

If you have never been *born again*, contact Pastor Keith or a trusted Christian friend this week to find out how.

IV. The \_\_\_\_\_ for rest.

A. You must \_\_\_\_\_.

B. You must \_\_\_\_\_ the \_\_\_\_\_.

[See 1 THESSALONIANS 5:16-18; HEBREWS 10:25; ROMANS 12:6.]

C. You must \_\_\_\_\_ . MATTHEW 10:38

Conclusion: Jesus is \_\_\_\_\_ to \_\_\_\_\_!

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## STUDY & DISCUSSION QUESTIONS

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1. Does *spiritual rest* have any bearing on *physical rest*? Explain.

2. In MATTHEW 11:28, Jesus invites those *who labor and are heavy laden* to find His rest. Where does that leave those who do not need rest? Explain and defend your answer.

3. People of many religions might claim that they find their *rest* in God. How does MATTHEW 11:28-30 impact that claim?

4. Since Jesus' *yoke is easy* and His *burden is light*, should a committed Christian expect the Christian life to be easy? Explain and defend your answer.

5. Explain the possible connection between the *burdens* of LUKE 11:46 and the teaching of Jesus in MATTHEW 11:28-30.