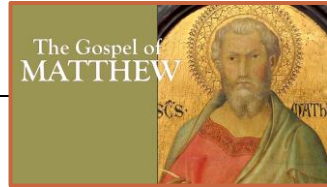


Rest for Your Soul

Matthew 11:25–30

Neil Trainer
June 22, 2025

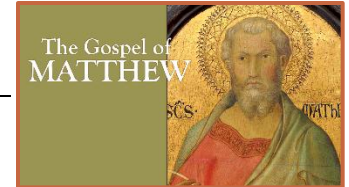


NOTES

Rest for Your Soul

Matthew 11:25–30

Suggested Study Questions*
June 22, 2025



- What are some things that make you feel tired and worn out? What is a burden you carry that makes you feel worn down?
- *Read Matthew 11:25–30.* Where in this passage do you see evidence of God's sovereignty, and where do you see places for human choice?
- Among Jesus' audience, who would be considered "the wise and learned," and who are the "little children"? What is being hidden or revealed to each of them and why? How might God still hide or reveal today?
- How does Jesus describe his relationship with God the Father? What does this reveal about who Jesus is and what Jesus has come to do?
- What is a yoke, and what would it normally be used for? To what is Jesus referring when he speaks of "my yoke"?
- How does one take up Jesus' yoke? How does learning from Jesus under his yoke (v. 29) differ from being among the "wise and learned" (v. 25)?
- From what is Jesus promising rest? What would that promised rest look and feel like; how would it be experienced?
- From what does your soul long for rest?
- In light of your own weariness and burdens, what is the Lord inviting you to do today? How will you respond? How can your small group or others support and pray for you as you do?