

Law of the Spirit
Matthew 11:28-12:8
MATT CARPENTER
May 20, 2018



NOTES

Law of the Spirit
Matthew 11:28-12:8
Suggested Questions for Individual
Study or Group Discussion*



- What is the most relaxing day you can remember? What did you do, or what didn't you do that day?
- *Read 2 Corinthians 3:17.* What do you understand the meaning of this verse to be? How has that looked in your life?
- *Read Matthew 11:28-30.* What is the yoke that Jesus is talking about? How can a yoke be easy and a burden light?
- *Read Jeremiah 6:16.* Why do you think people are resistant to walk in ancient and good paths?
- What does the word Sabbath mean to you? What is your first memory or experience with this word?
- Why do you think Jesus chose to heal on the Sabbath (Luke 6:9, 13:14; John 5:16 e.g.)? Is there anything he is communicating about the purpose of the Sabbath in this?
- Do you feel that your life is pulled into a 24/7 news cycle, or governed by feelings of needing to be "productive"? How do you find relief from this in your life?
- What would a restorative Sabbath look like for you?
- How can your small group or others pray for you and support you through the coming week?

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