

Jesus Gets **Exhaustion**

Sunday, February 25, 2024 | Wawasee Bible | Milford, Indiana | Pastor Josh Weiland

MATTHEW 11:28-30

Life is demanding & leaves us **EXHAUSTED**,

Jesus Gets It: Mark 4:35-41; John 4:6-7; Matt. 26:36-46

loads & burdens Galatians 6:2-5

laboring & heavy laden Matthew 23:4

SAME WITH RELIGION!

but Jesus is **GENTLE** and **LOWLY**

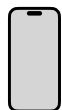
this is Jesus at his core Proverbs 27:19; 4:23; 1 Samuel 16:7; Luke 6:45

meek, accessible, down to earth Luke 1:52; Rom. 12:16; Gal. 5:22-23; Matt. 21:5

↑ — **COME TO HIM.**

a kind yoke, a light burden 1 John 5:3; Revelation 22:17; John 6:35

↓ **get some rest** Hebrews 4; Isaiah 30:15; 40:31



Text us at **833-271-8805**.

Text this number anytime for prayer. Just say, "**Pray for...**" followed by your request.

Or if you just need someone to talk to, start texting us with whatever's going on and someone will be in touch via text.

Matthew 11:28-30 (ESV)

²⁸ Come to me, all who labor and are heavy laden, and I will give you rest. ²⁹ Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. ³⁰ For my yoke is easy, and my burden is light."

Revelation 22:17 (ESV)

¹⁷ The Spirit and the Bride say, "Come." And let the one who hears say, "Come." And let the one who is thirsty come; let the one who desires take the water of life without price.



Discussion Guide

Questions & Scripture for Further Discussion

What is this? – Each week people from Wawasee Bible meet in small groups in various homes to learn about Jesus, pray, eat, laugh, & live life together. **We call them Life Groups.** The questions here are based on the sermon each week (often a related part of Scripture), and guide each group's study. If you're interested in connecting with a Life Group, let us know on a Connect Card or at the Connect Desk!

Welcome to Life Group!

Getting to Know You

Part of our goal at Life Group is just learning more about each other. Toward that end, here's a totally *random* question to discuss and break the ice as you get going. Have everyone answer:

1. Would you be likely to survive alone in the wilderness?
2. If you knew you had to, what 4 or 5 items would you take with you?

Starters (everyone choose one)

- Describe a time when you were exhausted (in any way).
- Describe a time when you carried a heavy burden (of any kind).

Message Reflection

- What stood out to you from the teaching this past weekend?
- What questions did the message prompt in you?

Scripture Discussion

As you read **Matthew 11:28-30** below...

- a. **Circle or highlight** any words or phrases that catch your attention.
- b. **Underline** what you think is important to remember.
- c. **Put an X** next to anything that confuses you.
- d. **Jot down** any things you notice, questions, etc. Mark it up!

²⁸ Come to me, all who labor and are heavy laden, and I will give you rest. ²⁹ Take my yoke upon you, and learn from me, for I am gentle and lowly 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 (ESV)**

- What do you think this passage reveals about Jesus?
- What do you think it means to "learn from" Jesus? (**verse 29**)

(Study Guide continues on back panel...)

Welcome to Wawasee!

OUR MISSION

We are sent to love people and invite them to follow Jesus with us.

YOUR PATHWAY

If you call Wawasee Bible "home", we challenge you to pursue **three things**:

1. Gather



Show up *regularly* and gather with us for worship.

2. Grow



Don't just show up, *grow up* spiritually and connect in a growth ministry like Life Groups.

3. Go!



Go and serve somewhere. Contribute as much *or more* than you consume!

Word Find in the Word

Find the words from a passage related to this week's message.

Word Find: Matthew 11:27-30 (ESV)

Find the words **bolded** below.

²⁷ All **things** have **been committed** to me by my **Father**. No one **knows** the Son except the **Father**, and no one **knows** the **Father** except the Son and those to whom the

Son **chooses** to **reveal**

him. 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**."

K	R	K	N	O	W	S	N	E	C
H	E	L	I	G	H	T	A	T	O
H	V	E	I	B	B	H	L	A	M
R	E	S	T	E	U	I	H	K	M
F	A	T	H	E	R	N	U	E	I
I	L	S	U	N	D	G	M	K	T
C	H	O	O	S	E	S	B	L	T
O	E	U	G	E	N	T	L	E	E
M	A	L	I	A	F	I	E	A	D
E	R	S	V	S	W	E	A	R	Y
D	T	U	E	Y	U	F	I	N	D

life groups Discussion Guide (continued)

- What do you think are the characteristics of a weary soul?
- What do you think are the characteristics of a rested soul?
- How would you describe Jesus' yoke and burden? (**verse 30**)

Handwritten notes:
 AIRPLANE NO MASK
 MARK ON, HELP IN OTHERS

Application

- Describe an area of your life where you feel soul-weary.
- Where, if anywhere, are you afraid to pick up a burden because the emotional or spiritual resources might not be available to you?
- How would your environments (school, team, club, work, etc.) change if people understood this message and lived it out?
- Who do you know that might be interested in next week's topic (Anxiety)?

Close

Take time to pray for one another.

Handwritten notes:
 SOMETIMES ANXIETY IS A CONTROL THING...
 LAND - MAR 19
 FAMILY SNACK

NOTE to Group Leaders/Facilitators:

Do some prep ahead of time! Study the passage on your own, jot down some of your own questions and look at the ideas for you on Page 25 of the Devotional Guide.

You might also take some time to explore **Psalm 23**.

Consider looking back at some of the devotional questions from the week with your group as well. You can find a PDF of it at wawaseebible.com/hegetsus.

NOTE: The devotional is not intended as a deep exegetical study of Scripture, but as a means of looking at Jesus's words and entering into our own struggles with that week's topic. Our goal is to look to Jesus's words, example, and understanding to move through it ourselves.



Wawasee Bible is part of the Evangelical Free Church of America. View our Statement of Faith online at wawaseebible.com/beliefs. Learn more about the EFCA at efca.org.

Wawasee Community Bible Church

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SUNDAY, FEBRUARY 25, 2024
 MATTHEW 11:28-30

He Gets Us.®



We're Glad You're Here Today!

Scan QR code for our **Digital Announcements & Connect Card**.

<https://wawasee.today>