



GROUP GUIDE: WEEK 4

CONVERSATION STARTER

What is your favorite way to spend a day off? What kinds of activities do you like to do, or not like to do?

COME TO ME AND I WILL GIVE YOU REST

We've all been there. Someone asks how you're doing, and you reply with a deep sigh. *"I'm so tired. I'm exhausted. I can't wait for the weekend!"* We are more tired today than ever before. In fact, Glassdoor named ["fatigue"](#) as the defining term of 2025.

All of us crave rest deep in our bones. And yet, we often turn to all the wrong things to find it. There is nothing at the end of a bottle (or several), or the comfort of our couch, or a few more hours of sleep that will truly satisfy the ache we have for soul-rest.

Pastor and author John Mark Comer says, "True restfulness... is a form of awareness, a way of being in life. It is living an ordinary life with a sense of ease, gratitude, appreciation, peace and prayer. We are restful when ordinary life is enough."

This is why Jesus says, "**Come to me**, all who labor and are heavy laden, and **I will give you rest**. 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. For my yoke is easy, and my burden is light."

Jesus is making three big claims about himself in these verses. In [Exodus 33:14](#), God says, "My Presence will go with you, and **I will give you rest**." *Who* will give the people rest? GOD. In other words, Jesus is claiming to be God!

In [Numbers 12:3](#), Moses is described as more humble than all others. Again and again, Matthew has drawn parallels between Jesus and Moses. Now Jesus does so directly! Jesus is the new and greater Moses.

Lastly, Jeremiah 6:16 reads:

“Stand at the crossroads and look;
ask for the ancient paths,
ask where the good way is, and walk in it,
and you will find rest for your souls.”

The LORD claims there is a *good way*, through which we will find rest for our souls. And as we’ve already seen, Jesus is The Way that leads to rest. This is not just talking about a belief system; this is talking about *a way of living*. We’re called to adopt his “yoke,” to learn from the way Jesus lived and live in that same Way. This is how we find our rest.

Marty Solomon, of the BEMA Discipleship Podcast, summarizes it like this: “Jesus is saying, ‘I am God. I am Moses and I am Torah. I am all of it. **I am everything that you’re looking for and everything that you’re trying to follow.** God, Moses, Torah, I’m it. You found it in this Jewish rabbi. I’m showing you how to walk Torah. I am Torah in flesh in front of you.’”

Jesus is everything we’ve been looking for, and for that reason, we can rest easy in him.

REFLECTION QUESTIONS

1. What stuck out to you about the reading from this week? Was there a verse or idea that was particularly meaningful or challenging for you?
2. Where are you most tired? Physically? Mentally? Emotionally? Spiritually? What is the greatest drain on your energies?
3. What are some of the things we think will help us rest that actually make us more tired?
4. Is Sabbath a part of your current life rhythm or not? What are the obstacles that get in the way of your practicing Sabbath?
5. What is the strongest force of resistance in your life (external or internal) that attempts to keep you from Sabbath rest?

WEEKLY PRACTICE

Sabbath Practice: In our age of exhaustion, Sabbath is one of the most neglected and most crucial of all the practices of Jesus. But it can be daunting to begin, as it’s an entire 24 hours, and you’re swimming against the current of our entire culture. Powerful forces keep us

tethered to our devices, distractions, and the endless queue of work and responsibilities. So, start small. If a full Sabbath day is too much for you, start with a Sabbath morning or afternoon. Set aside a few hours after church or early on a Saturday to embrace the four movements of Sabbath: stop, rest, delight, and worship.

1. Begin by connecting with God.
2. If you can, spend part of the day with your family or friends who follow Jesus.
3. Do whatever makes you come alive in God.
4. Keep at it. Integrating Sabbath keeping into your life usually takes months or years, not weeks. Just start small and aim at joy.