

## **The Rest of the Story**

Matthew 11:28-12:14

*“Then Jesus said, “Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. For my yoke is easy to bear, and the burden I give you is light.”*

*Matthew 11:28-30*

**Can you remember a time when you took a vacation or a day off with the intention of getting some rest, but at the end of it felt just as tired as you did before?**

**Why do you think it is that sometimes even our best efforts to get rest don't work?**

**In Matthew 11:29 Jesus says that he will give to those who come to Him rest for their souls. Do you ever feel like you need a rest for your soul? What do you think is the difference between rest from our work, which we can give ourselves, and rest for our souls, which Jesus alone can give?**

Here are some additional passages in the Bible that talk about the importance of Sabbath and rest; you might want to take some time to read them and right down your thoughts on why we should observe the Sabbath and what it means to us and God: Deuteronomy 5:12-15; Leviticus 23:3; Nehemiah 13:15-19; Exodus 16:19-30; Isaiah 58:13,14

### **Quote**

*“It does seem to me that at least some of us have made an idol of exhaustion. The only time we know we have done enough is when we are running on empty and when the ones we love most are the ones we see the least. When we lie down to sleep at night, we offer our full appointment calendars to God in lieu of prayer, believing that God—who is as busy as we are—will surely understand.”*

Barbara Brown Taylor, From "Divine Subtraction," The Christian Century (11-3-99)