



# JESUS IS \_\_\_\_\_.

## WEEK 2 - JESUS IS THE POINT

### SERIES BIG IDEA

Jesus is unlike anyone you've ever known. In Jesus, you'll discover a new way of living.

### MESSAGE BIG IDEA

Jesus is the point. In Jesus, you can truly rest.

### SCRIPTURE MATTHEW 11:28-30

*"Come to me, all you who are weary and burdened, and I will give you rest. 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. For my yoke is easy and my burden is light."*

### ICEBREAKER

Those invisible, hidden pictures – were you good at them? What did you enjoy or hate about them?

### BIBLE DISCUSSION

1. Read Matthew 11:28-30, what stood out to you? What struck you?
2. Compare the yoke you carry to Jesus': what do you think are the main differences? Where do you carry the most weight?
3. When Jesus says he'll give us his yoke, what is significant about this switch? What could Jesus' yoke look like? Feel like?

### LIFE APPLICATION

4. If you were to make a "stop doing" list (versus a to-do list), what would be on it? What would you cut?
5. Do we allow ourselves enough time to sleep and recharge? When was the last time we really and truly rested? What's stopping you?
6. How do you best Sabbath? What recharges you and connects you to God?

### CHALLENGE

We know that stopping, resting and having a sabbath are steps each of us should take this week, what are some ways we can incorporate them into our lives? What concrete steps will you take?