



New International Version is used for questions

1. What stuck out in your mind from this message, what did you take from it?
2. Read Matthew 11:28-30. What do you think Jesus meant by rest, was it an absence of activity? Read 1 Peter 5:7. Pastor Rick said we need to stop carrying what we was never ours to carry, what do you think it is that we were not to carry?
3. What three things can we do to give Jesus our burdens? How are you at letting go and trusting God? Whys is this so hard?
4. Pastor Rick talked about a yoke, what was that in the old days? He said that is not a question of whether you will carry a yoke, but what? What are some of the things people yoke themselves to other than Christ?
5. Read Proverbs 3:5,6. What does this verse say we must do to shed our burdens? What do you think is the hardest part for you to do from what this verse says? Why? How do we build trust in God?
6. Pastor Rick said that we need to build margin in our lives, what does that mean to you? How can we do this?
7. Read Psalm 23:1-3 and Isaiah 40:31. What are the promises in these verses to those who can learn to trust God? What do you need to do this week in order to begin to trust God more?

Answers

1. *Various answers.*
2. *Rest is not an absence of activity but being able to trust Jesus to see that the result of the activity will be good. We were never intended to carry the burden of making sure that our work is successful, God will cause us to prosper when we trust in Him for the results. The possible bad results is what causes us worry.*
3. *The three things are: a. Bring our burdens to Jesus constantly; b. Release pressure as it builds; and c. Exchange striving for surrender. This is hard because it means giving up control and we fear what we cannot control ourselves.*
4. *A yoke was a type of harness that put two animals side-by-side so that they could both pull a wagon or load. We yoke ourselves to our jobs, to our technology, fame, wealth, material things, to other people, etc.*
5. *It says that we have to trust in the Lord and not trust in our own thinking, or understanding of what we think should be done by letting God work things out in the way He knows is best and not in the way we think is the best. We build trust in God by choosing to trust him with one thing first, a step of faith is always necessary. Then when we see Him work things out, we are able to trust Him with more and it continues to build until we know we can trust Him with everything.*
6. *Various answers.*
7. *For those who take the trouble to learn to trust God, then God steps in and creates for them a smooth, restful life. He provides everything and carries the burdens for us so that we can soar in this life.*