



What is a REAL disciple of Jesus in a REAL world?

To Be MORE like Jesus, to be led MORE by Jesus, and to lead MORE people to Jesus.

The Invitation to Rest in God's Presence.

"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." (Matthew 11:28-30)

1. Jesus invites us to rest in Him.

And God said, "My presence will go with you, and I will give you rest." And Moses said to God, "If your presence will not go with me, do not bring us up from here. (Exodus 33:14-15)

2. Jesus invites us to give Him our burdens.

Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time. Cast all your anxiety on him because he cares for you. (1 Peter 5:6-7)

3. Jesus invites us to experience His Sabbath.

"For the Son of Man is Lord of the Sabbath." (Matthew 12:8)

But Jesus often withdrew to lonely places and prayed. (Luke 5:16)

How can we hear from God?

Personal Reflections:

1. How did the spiritual exercise help you hear from God?
2. Share a story of God's guiding presence in your life (from the past). How did you know God's presence was guiding you?
3. How can His rest benefit you?
4. How will you experience Jesus' rest, not worldly rest, this week?