



TIRED

Icebreaker Question

What is one thing that you have to do on a regular basis that you are frankly **TIRED** of doing?

Watch the Sermon Short Video Clip

Key Teaching Points & Scriptures

Identify my **FEELINGS**, look at the **FACTS**, and determine what **FAITH** steps I must take next.

Matthew 11 (NIV)

28 “Come to me, all you who are weary and burdened, and I will give you rest. **29** 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. **30** For my yoke is easy and my burden is light.”

FACTS

1. **Jesus is the source of rest for the weary soul.**
2. **Being a Christian means that you have connected yourself completely to Jesus.**
3. **Jesus does all the heavy lifting.**

Could it be that the reason you are tired is because you are yoked to the wrong thing?

FAITH STEPS:

Vertically: Daily attach yourself to Jesus.

Horizontally: Lovingly speak the truth about uneasy yokes.

Discussion Questions

What is your biggest takeaway from today’s teaching?

Which of the 3 facts listed in the teaching resonates with you the most right now? Why?

Do you believe it is possible that the reason you are “tired” is that you are “yoked to the wrong thing?” If so, would you be willing to share what you think that wrong thing is?

What is one thing you could start doing in order to daily attach yourself to Jesus?
Is there someone you know who is attached to an uneasy or wrong yoke? What is that yoke and what do you think would be a good way to help them?

What’s making you tired the most right now? What do you think Jesus wants you to do with that?

How can we best pray for you right now?

Pray

As you close your group discussion in prayer, here are some things you can consider sharing with the Father in Heaven...

- Father, you heard us each share what’s making us tired right now. Please help us. Restore our souls. Give us your easy burden in place of our heavy burdens.
- Thank you for giving us rest. We are amazed that your yoke is so easy! Your love and your mercy astound us!
- Show us how we can stay yoked with you daily. Help us to make conscious choices each day to be yoked only to you.
- Reveal to us what uneasy yokes we are bearing. Give us the strength and the courage to walk away from those yokes and into a yoke with you.
- Use us to help others experience this too. Give us the wisdom and the words to help others walk away from their tiring yokes to be yoked to you instead.
- Please give us rest today. May your peace refresh us and be a source of refreshment to others around us for your glory!