



GOOD NEWS FOR THE EXHAUSTED

December 20, 2020 // Caleb Bonifay, CPC High School Director

www.cpcdanville.org

“Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you’ll recover your life. I’ll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won’t lay anything heavy or ill-fitting on you. Keep company with me and you’ll learn to live freely and lightly.” Matthew 11:28-30 (MSG). In this message by Caleb Bonifay, he teaches us that we must take on the yoke of Jesus to find real rest.

READ 1 John 2:6 - This verse completes John's thought which began in verse 5. Anyone claiming to "abide" in Christ should "walk," or live, as Jesus lived.

- How does walking or abiding in Jesus help you with exhaustion?

READ Matthew 11:28-30

- What does it mean to take on the yoke of Jesus?

WAYS TO TAKE ON THE YOKE OF JESUS

1. Silence and Solitude.

- **READ Luke 5:15-16, Matthew 14:22-23 and Mark 6:30-32** - In these passages we read that Jesus got away to pray often. We also see that He instructs his disciples to get away. Why do you think it is important?
- **Read Psalm 23:1-3** - How does this passage relate to exhaustion? When was the last time you rested?

2. Sabbath.

- **READ Genesis 2:1-3 and Mark 2:27-28** - The Sabbath was made for us. What does Sabbath mean to you?

3. Slowing.

- **READ Mark 5:22-35** - How do you think Jairus is feeling when Jesus stops to talk to the women? Do you ever feel like Jesus is going too slow? What are some ways you can slow down?

DISCUSSION QUESTIONS:

1. In what areas do you feel exhausted at work, home or your personal life?
2. When was the last time you silenced the external noise of the world and the internal noise of your own mind and you were alone with God?
3. What does Sabbath look like for you personally? Spending time with friends, sleeping in, etc..

COMMIT TO MEMORY—*“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

Book Recommendation: ***The Ruthless Elimination of Hurry*** by John Mark Comer