

Sunday morning, I broke out of Luke's Gospel and preached one of my favorite passages of Scripture ever: [Matthew 11:28-30](#).

Here are a few questions for you to discuss with yourself, with others, or simply to aid with further application/understanding:

1. What's the significance of the context of these verses? In other words, what do [verses 25-27](#) of Matthew 11 have to do with [verses 28-30](#)?

2. What is the main issue here? Is Jesus talking about Physical rest? Emotional rest? Mental rest? Or Spiritual rest? (See end of verse 29)

Why is that good news? (See [Proverbs 4:23](#))

3. Count the personal pronouns in verses 28-30. What do you think Jesus is getting at? What is the significance of His calling people to be 'yoked' with Him?

4. Considering the fact that Jesus is calling those who have gone about religion the wrong way to 'come to Him,' why is it important that we see Him as 'gentle' and 'lowly in heart'?

5. What is it that makes His yoke easy and His burden light? What has He done to ensure this?

6. Do you have rest in your soul? If so, how? If not, why not?