

KING OF KINGS MESSAGE DISCUSSION GUIDE

RUTHLESSLY FOLLOWING JESUS - APRIL 16TH, 2023

Week 1

Icebreaker

What was the highlight of your Easter weekend?

Key Passage

Matthew 11:29

"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."

Discussion Questions

1. What do you do to rest?
2. What would you do if you had more time to rest?
3. What does it mean to have rest for your soul?
4. How does a hurried lifestyle impact your relationship with God?
5. To you, what is the main differentiation between restfulness and restlessness?
6. Do you ever feel like you're overwhelmed with hurry? What makes you feel the busiest?
7. Have you found any tactics or strategies that help you slow down when your world feels sped up? If so, what are they?
8. Read Matthew 11:28. Notice that Jesus says He'll give us "rest"—not peace or content or joy. He certainly gives those things too, but why do you think He specifically promises "rest" here?
9. Read Philippians 4:6-7. What is your initial response to "be anxious for nothing"?
10. What do you think Paul means when he says that God's peace will "guard your hearts and your minds in Christ Jesus"?
11. Look at the upcoming week. Where are some times where you can be intentional about resting?
12. When are some upcoming busy times, and how can you find pockets of rest amidst the busyness?

Close with Prayer