



*Jesus*  
Gives Us  
**REST**

The  
**CHOSEN**  
*Bible Study*  
**Season 1 Study Guide**



# Week 1 Study Guide

This is the printable study guide for our Episode 2 theme:

## **Jesus Gives Us Rest**

We hope you'll enjoy these, but we also hope that you'll comment and share on the social media posts we create about the things that you are learning from the Word of God.

In each lesson, you'll notice a "key question". Each lesson will dig into that query, providing Scripture and questions to help develop a more in-depth understanding. At the end of each lesson, the key question will be repeated. We encourage you to prayerfully consider how to answer that question and contemplate what impact that has on your relationship with Jesus.

Sincerely,

*The Chosen Bible Study Administration Team*





# DAY 1: Introduction

Watch Season 1, Episode 2 of The Chosen, titled "Shabbat".

**Jot down what you notice about Shabbat.**

**What questions do you have about Shabbat?**



# DAY 2: The Seventh Day

*By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work.*

(Genesis 2:2)

**KEY QUESTION:**  
**Did God ordain rest?**



# DAY 2: The Seventh Day

## Read Genesis 2:1-3

Firstly, does God view rest the same as how we view rest? Let's review some of God's attributes.

God's character is vast! He is Holy (**Ezekiel 38:23**), righteous (**Psalm 11:7**), He is unchanging (**Hebrews 13:8**) and all powerful! This is only a brief list of God's *many* attributes, but it already demonstrates God's power, and it reveals an important question: Does God rest because He is tired? The answer is no. God did not rest because He was tired from His work.

Scripture states clearly God does not tire.

*"Do you not know? Have you not heard? The LORD is the everlasting God, the Creator of the ends of the earth. He will not grow tired or weary, and his understanding no one can fathom. He gives strength to the weary and increases the power of the weak. Even youths grow tired and weary, and young men stumble and fall; but those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint."*

**(Isaiah 40:28-31)**

So how did God view rest then? If it was not to restore His energy, then what was it for? To discover the answer, we must look at the very beginning of what led up to God creating a day of rest.



# DAY 2: The Seventh Day Creation

*“In the beginning, God created...”* Reading the account of Creation in **Genesis 1**, there is a beautiful rhythm and sequence to it.

**Jot down the sequence of events for Creation:**

DAY 1	
DAY 2	
DAY 3	
DAY 4	
DAY 5	
DAY 6	
DAY 7	





# DAY 2: The Seventh Day

## Creation

When we look at the sequence of events, we see that each day began with God creating and then God finishing each day with evaluating His work. Each day ended in, *“And God saw that it was good.”* Each day, God stated His pleasure and repeated, *“...it was good.”*

That is, until the seventh day. The seventh day brought something different from the rest of the six days of creation.

### What was different?

*“By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work. Then God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done.”*

**(Genesis 2:2-3)**



# DAY 2: The Seventh Day Creation

## Why was the 7th day different?

The answer lies with the Hebrew word used for rest in this passage. The Hebrew word for rest is **Shabbat** (שַׁבָּת). Or, as we are more commonly familiar with, **Sabbath**. It means to cease, to stop and rest. It is the same word used later when Israel was called to cease from normal activities. This tells us that God rested on the seventh day because His work was complete. And His work was so good that God declared it as a Holy day!

It was very important to God for there to be a day to stop, to cease work—even for mankind—although before “The Fall”, work was a *blessing to man*! Yet, when sin entered the world through The Fall, God continued to command His people to uphold Shabbat! In **Genesis 3**, He states the consequences for Adam, Eve, and the snake, but the consequences do not cover the removal of a day of rest.

To go further, we can now look at the covenant that God made with His created image bearers, humankind, to know that God did in fact ordain rest for us.



# DAY 2: The Seventh Day Creation

**What do the following Scriptures say about keeping the Sabbath?**

**Ezekiel 31:16-17**

**Hebrews 4:9-11**

He made a covenant with His creature: humans. And in doing so, He gave His people a pattern to follow. To have a period of time set aside for normal activities and a time set aside for rest. We see this both in the Old Testament and the New Testament, as we saw from the previous scripture, which speaks to God's call for us to rest.

The Pharisees in Jesus' time took Shabbat very seriously. There were many practices involved, but laws were made outside the Torah in order to ensure the holiness of Shabbat was kept. But we find out they needed a reminder of why God ordained rest. This day was made for man, as Jesus would point out; it was created to be a day where we could rest and be with God.

*"The sabbath was made for man, and not man for the sabbath."*  
**(Mark 2:27)**

When we look at how Shabbat was kept in the Old Testament and in God's covenant with Moses and His chosen people, the Jews, it gives us great insight into how God values rest for those He calls His own.



# DAY 2: The Seventh Day

## Questions

Read **Exodus 20:8-9**. What were the Jews to do during Shabbat?

Read **Exodus 23:12**. Who was meant to rest?

Read **Leviticus 26:2**. Why was Shabbat meant to be kept?

Read **Exodus 31:15**. What was the penalty for violating Shabbat?

**Do you think God takes rest seriously?**

Read **Deuteronomy 5:15**. What were they to do on Shabbat?



# DAY 2: The Seventh Day

## Think About It/Application

Read **Mark 2:23-28**. What was happening that the Pharisees were so upset?

### Reread Jesus' response:

*"Then Jesus said to them, "The Sabbath was made to meet the needs of people, and not people to meet the requirements of the Sabbath. So the Son of Man is Lord, even over the Sabbath!"*

Reflect on your own traditions. What do you do for your sabbath?

Reflect on the why. Do you rest to meet the requirements of the Sabbath, or do you rest to meet your needs?

How does the fact that God ordains us to rest impact you and how you value the shabbat today?



# DAY 2: The Seventh Day

## Revisiting the Key Question:

**Did God ordain rest?**

Read **Exodus 20:8-11** and **Leviticus 23:3** for further scripture reference.



# DAY 2: The Seventh Day

## PRAYER

Lord Jesus,

We come to You in humble thanksgiving for ordaining rest for us. In the world, we can have so many things vying for our time that we often find it hard to rest, even when that rest is in You. We ask that You would remind us of our great need for rest in You and that we would delight in this.

In Jesus' Name,

Amen



# DAY 3: Entering Into Rest

*So there is a Sabbath rest still waiting for the people of God. For all who have entered into God's rest have rested from their labors, just as God did after creating the world.*

(Hebrews 4:9-10)

**KEY QUESTION:**  
**How did the ancient Jewish people celebrate Shabbat?**



# DAY 3: Entering Into Rest

Shabbat for the Jewish people was more than just a day of rest. It was held with great sanctity. But there's a very good reason for that. Firstly, we know God ordained the Shabbat as holy, since the first week of creation. He commanded the Jews to observe Shabbat. We see this throughout scripture in the Old Testament (e.g. **Ezekiel 31:13**), but also we see that God intended rest to be for man. (**Mark 2:23-28, Ezekiel 20:12**).

So there is great importance for entering into Shabbat and how we should value it.



# DAY 3: Entering Into Rest

## Read Genesis 1 and Exodus 31:12-17

Understanding the importance of Shabbat can be understood by knowing why God rested. To do so, we are going to look at the big picture: Why did God work and why did God rest, and how is it different from why we work and rest?

Firstly, God worked to create the world, the animals, and man over six days. But why? Why would God create us?

**Revelation 4:11** speaks to the why:

*“Worthy are you, our Lord and God, to receive glory and honour and power, for you created all things, and by your will they existed and were created.”*

He created us because it was His will to create us. Ever feel unwanted, ever question why you are here today? God willed you to be created. He knew you before you were even created!



# DAY 3: Entering Into Rest

Don't believe us? Read **Psalm 139**. Take note of verses 1-18. God had and has purpose in creating mankind, and God had and has purpose in creating you! Yes! YOU!

*“...For you created my inmost being; you knit me together in my mother’s womb. I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well. My frame was not hidden from you when I was made in the secret place, when I was woven together in the depths of the earth. Your eyes saw my unformed body; all the days ordained for me were written in your book before one of them came to be.”*

**(Psalm 139: 13-16)**

It was His will that we were created, but He also desires that we commune with Him (**John 15:14-15**). It was His want, His desire. The most significant point we must all acknowledge is God worked six days to create our home and us. He wanted each of us. And each day he felt complete fulfillment over His work.

*“And God saw that it was good.”*

Humans especially were created differently than the rest of the world. They were created in God's image to rule over the land and animals. We were made to reflect the likeness of God and to work as God works. But God's intention was for work to be a blessing (**Genesis 1:26-31**). And work was to be done for God's glory (**Colossians 3:23-24**).



# DAY 3: Entering Into Rest

Then on the seventh day, God rested. Why? God rested because his work was finished. God worked because it was His will, and so He entered into Shabbat to cease work, to rest because His work was done. He ceased work. It was complete.

When we look through the Creation, we see that God blessed us with both work and rest! Work was originally intended to be a blessing! But today, work may not always be the blessing that God intended it to be. There is poverty, there is struggle, and we don't always finish our work each day with a feeling of completion. Yes, there are good days, of course, and those days are insights into how work was originally intended.

And just like how work is not as God intended, we often do not rest as God intended. How often do we enter into rest, into Shabbat, as God intended?

Look at the Pharisees. They were so bent on how to live out the Shabbat that they forgot that it was God's blessing. As you read through **Genesis 1-3**, you will find sin enter the world. What we label "The Fall" occurred and changed everything... Except the shabbat. God ordained it as holy but still commanded it remain holy even after the fall.



# DAY 3: Entering Into Rest

## Read Genesis 3

Now **Genesis 3:17-19** speaks specifically about work. What was meant to be a blessing, became a consequence of sin. Work would become hard. Man would toil to try to make a living. Sin stained the land, the blessing of work. We see the effects of that today. We see people working hard, yet many feel it is barely enough to feed their families or to pay their bills.

We also work to fulfill needs and to acquire things. Especially in today's society, people are driven to work often in need of being successful; often it's successful in the world's eyes, not God's eyes.

But how we rest today has also been impacted. God worked to rest. But we rest to regain energy, if we do rest. Rest is often overlooked in its value because it does not pay the bills. Even after The Fall, God still emphasized the importance of entering into rest. In fact, it is interesting to note that God made work hard for men and labor to be hard for women, but He maintained the Sabbath as holy. What this means is that rest was to be holy before the fall and after the fall.

So life changed after "The Fall." It changed our relationship with God, and it changed our relationship with work and rest.



# DAY 3: Entering Into Rest

## However...

There is still purpose in work and still purpose in rest.

***God, even in the very moment that The Fall happened when Adam and Eve sinned, already planned the way to redeem us and restore us!***

This is what we need to remember through the toil of work and pains of labor. God wanted and wants rest for us! He wanted and wants to bless us with a day of rest.

All this is to say that entering into rest is no small thing. It is to allow God to bless us with a day that God considers holy!



# DAY 3: Entering Into Rest

The Jews kept this in mind, so much so that there would be many practices observed, including coming together as families to partake in the Friday meal together just before sunset. As well, there were many instances where the men would commune together for Shabbat on Friday evenings. Shabbat would be just over 24 hours where all work would cease and time would be spent in community and in synagogue.

One such practice was a prayer of blessing called the Kiddush, which would be recited as Shabbat began. It would be said after their meal over the wine, and its purpose was to sanctify Shabbat. It was said as a way to remember that God is the God who sanctifies us and the shabbat He gifted us.

## THE KIDDUSH

*"Blessed are you, Lord our God, Ruler of the Universe, who creates the fruit of the vine. Blessed are you, Lord our God, Ruler of the Universe, who has sanctified us with his commandments and favored us, and given us in love and favor his holy Shabbat as an inheritance, as a remembrance of the act of creation. For this day is the beginning of all holy days, a remembrance of the Exodus from Egypt. For you have chosen us and you have blessed us from among all the nations. And you have bequeathed us your holy Shabbat in love and favor. Blessed are you, Lord, who sanctifies Shabbat."*



# DAY 3: Entering Into Rest

## Think About It/Application

### QUESTIONS:

Sabbath Biblical Theme ([bibleproject.com](https://bibleproject.com))

Read **Genesis 3:1-7** and **Genesis 3:21-24**. How do you think lies about God and ourselves prevent us from resting today?

How were the Jews called to enter into Shabbat?

Read the following passages of Scripture:

**Exodus 16:23-29, 31:14-16, 35:2-3**

**Deuteronomy 5:12-15**

**Nehemiah 13:15-22**

**Jeremiah 17:21-27**

The Israelites enacted Shabbat once a week. How do you set aside time for God?

What do you think it will be like to always live in perfect rest with God?

How is the Shabbat a blessing to you? How can you be intentional in ceasing work to allow God to bless you with rest?



# DAY 3: Entering Into Rest

## Revisiting the Key Question:

**How did the ancient Jewish people celebrate Shabbat?**

Read **Matthew 15:10-20** and **John 15** for further scripture reference.



# DAY 3: Entering Into Rest

## PRAYER

Dear Lord,

Dear Lord, we thank you for the blessing of Shabbat. We thank you that you want us to have a day to cease work and to enter into community with you. Let it be our desire to humble ourselves and surrender to you to enter into community and rest with you. Help us to see the blessing in Shabbat and to see it as a joy.

In Jesus' Name,

Amen



# DAY 4: Entering Into God's Peace

*For I say to you that unless your righteousness far surpasses that of the scribes and Pharisees, you will not enter the kingdom of heaven.*

(Matthew 5:20)

**KEY QUESTION:**  
**How does Jesus invite us into His  
peace?**



# DAY 4: Entering Into God's Peace

*"Shabbat Shalom!"*

This phrase is spoken by Jews as a greeting to people on Shabbat. "Shabbat Shalom!" (שבת שלום) translates to "Sabbath peace" (or "Sabbath rest"), a saying declared over their family, friends, and others as the blessing of Shabbat. God gave us a day of rest, and when we enter into that rest, we allow God to bless us. "Shalom" (שלום) means completeness, peace, rest, wholeness, etc.

Remember when God created the Shabbat? It was the Shabbat because His work was complete. The earth was whole, humans were complete. It was *good*. So all that was left was a day for rest, a holy rest with His creation.

Shabbat Rest is the hope of being back in a complete relationship with God.

But as we know, since The Fall, sin has caused a gap between how we can enter into God's presence and relationship with Him.

Yet remember that plan back in Genesis? Jesus Christ was the plan and the solution to bring us back into right relationship with God, to bring us shalom! In other words...

**The Shabbat Shalom is the hope of being in complete peace with God.**



# DAY 4: Entering Into God's Peace

**So then, how do we enter into God's peace? And what does this have to do with Shabbat rest?**

When we enter into Shabbat, it is to cease from our normal activities, to come into the presence of God, to be in community with Him. Shabbat Shalom is also a picture, or a glimpse of eternal peace with God we will enter into as believers. Remember: Shabbat is a holy day ordained by God! In Old Testament times, the Rabbis would have to undergo certain specific practices, including sacrifices to be cleansed from sin, prior to coming into the presence of God.

But God wanted a relationship with both His chosen people and the Gentiles (**Acts 28:28**). And He knew that by our own might we could not pay the price of sin on our own. Therefore, His plan was to send The Messiah—The One who was sinless and could defeat death and sin so all who chose to accept His gift of salvation could then come into God's Holy presence—because Jesus' sacrifice covers us and makes us holy!

So what do we need to do then to enter into God's peace? How can we experience Shabbat Shalom? It is not by our works, but by God's grace (**Ephesians 2:8-9**). It's by surrendering to the Lord, acknowledging your sin and your need for Jesus Christ to save you... to give you eternal peace, and a peace even here on earth that can only come from Jesus.

*"I have said these things to you, that in me you may have peace. In the world you will have tribulation. But take heart; I have overcome the world"*  
**(John 16:33)**



# DAY 4: Entering Into God's Peace

## Think About It/Application

### QUESTIONS:

*Via the link below, watch the video, titled “Peace (Shalom) Advent Word Study”, to learn more about shalom and how it relates to Jesus being our Peace.*

<https://bibleproject.com/explore/video/shalom-peace/>

Read **Ezekiel 20:12, 1 Thessalonians 5:23**, and **Romans 5:1**. How does the Sabbath remind you that Jesus is the one who sanctifies you?

How do you enter the kingdom of heaven?

Read **Isaiah 53:5**. How does Jesus fulfill this prophecy?

Read **John 3:5**. How does one enter the kingdom of Heaven?



# DAY 4: Entering Into God's Peace

## Think About It/Application

### QUESTIONS:

Read **Luke 4:17-19** and **Isaiah 61:1-2**. Jesus is at the synagogue on the Sabbath, “as was His custom,” and begins teaching. He reads from **Isaiah 61**, which is prophecy regarding the coming Messiah. This prophecy speaks of bringing good news, healing, freedom, and rescue. When Jesus claims to fulfill this prophecy, He was basically announcing that *He IS the Lord of the Sabbath*. He IS the rest that has been spoken of, the One who has come to restore us to God’s rest!

What was the custom of Jesus?

From where did He read?

In **Luke 4:18-19**, what did Jesus state about Himself?

Throughout Jesus’ ministry, how do you see Him providing rest in this world?

What does it mean that He provides the ultimate rest?

What does “rest” mean to you?



# DAY 4: Entering Into God's Peace

## Revisiting the Key Question:

**How does Jesus invite us into His peace?**

***For further study, read the following Scripture passages:***

**Luke 4:1-13** (further context)

**Luke 3:18-20** and **Mark 1:14** (early preaching in Judea)

**Matthew 4:12** (preaching in Galilee)

**Matthew 9:35** and **John 8:34-36** (traits of the Messiah)

**Matthew 5:3-12** and **Luke 14:13-14** (some examples of what Jesus did)



# DAY 4: Entering Into God's Peace

## PRAYER

Father God,

Father God, we are so grateful that You are willing to give us rest. Rest from the worries of the world and perpetual rest in You alone. We thank You that You sent Jesus to rescue us from our sins, so that we might spend all of eternity encompassed in the loving peace and rest You provide. We pray for open hearts, that others might also experience Your rest in a desperately tired and weary world.

In Jesus' Name,

Amen



# DAY 5: God's Promise of Rest

*“Come to Me, all who are weary and heavy-laden, 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, emphasis added)*

**KEY QUESTION:**  
**How does Jesus promise rest for our souls?**



# DAY 5: God's Promise of Rest

## The Promised Rest

Jesus underwent a brutal death to cover our sins so we could enter into a relationship with Him, which brought us peace both here on earth and the promised peace of eternal life (**Isaiah 53:5**). Yes, life on earth will still have trials and suffering, but Jesus, who came to restore rest, graciously and eagerly invites us to join Him in this. He calls us to rest in the salvation that can only be found in Him. Only through Jesus is it possible to find complete, perfect, whole rest from the cares and burdens of the world and from the sorrows we experience.

And the best part? There is absolutely no need to try to work for our salvation! That, too, is a beautiful and precious gift from the One and Only Saviour, Jesus Christ!

***Write down your initial thoughts about Matthew 11:28-30. What you notice and what questions you have.***

***Do some research on what a yoke is and how it works. Write down your findings. Compare it to the words of Matthew 11:28-30. Reflect on how this applies to you.***



# DAY 5: God's Promise of Rest

## Read Matthew 11:25-28

In verses 25-27, Jesus claims to be the only one who knows God and is able to reveal God to anyone He chooses. And then... He makes an incredible offer. He offers rest.

This offer may or may not seem like a big deal to you, but to the ancient Jewish people, it was a tremendous proposal. During this time, the Jewish leaders were placing many burdens on the people, rule upon rule upon rule. The people attempted to obey in hopes of being "good enough" to attain God's approval. So, most definitely, the offer of rest would be highly welcome!

This rest isn't necessarily a physical rest, although that can be a part of it. The rest Jesus is speaking of is a rest for the soul. You see, the way to God the Father is not through much work or strict adherence to man-made rules. The only way to God the Father is through Jesus Christ and His already completed work (**John 14:6**).

**So, what is it that weighs down your soul?**

**What are some ways you are trying to be "good enough"?**



# DAY 5: God's Promise of Rest

## Read Matthew 11:29

Jesus invites people to come to Him and take on His yoke. It means committing to Him and coming under His authority. Letting Jesus control our actions and learning from Him is what He asks of us. Then, when we do this, He promises rest.

Obviously, God still expects obedience from His people, so rest doesn't mean we abandon adherence to His commands. However, **1 John 5:3** tells us that obedience isn't burdensome at all when the Holy Spirit gives us the power to do His will. The bottom line is that Jesus didn't come to add more burdens to us, but He came to give our weary souls rest.

**What does taking on the yoke of Jesus look like in your day-to-day life?**

**In what areas of your life do you need the power of the Holy Spirit to shine through?**



# DAY 5: God's Promise of Rest

## Think About It/Application

### QUESTIONS:

Read **Matthew 11:28-30**. God invites us to come to Him. He invites us to take on His yoke. Imagine a yoke. On one side is Jesus, and the other side is an open space. God is inviting you into that space. He wants you to come beside Him and trust Him to guide you through life. It requires us to walk as God calls us to walk, to trust God to lead us through every step. When we do that, the results are walking through life, through every bump and hole with someone who is wiser than us, who is strong enough to take the heavier part of the load when we are weak.

**Read the following Scriptures. Write down what God calls us to do and how God comes alongside us.**

**Proverbs 3:5-6**

**Deuteronomy 5:33, 10:12**

**James 4:7**

**Psalm 23:7**



# DAY 5: God's Promise of Rest

## Think About It/Application

### QUESTIONS:

When God asks you to come to Him for rest and to take His yoke upon Him, He is asking you to surrender and humble yourself, to trust that His way is the only way and the best way. But in doing so, He promises to never forsake you, to provide for you and to guide you, to comfort you and to give you strength, and to give peace even in the trials.

**What areas in your life do you need to surrender to God?**

**Take time to seek Scripture for the promises of God. Write and memorize a promise that you need to hold on to.**



# **DAY 5: God's Promise of Rest**

## **Revisiting the Key Question:**

**How does Jesus promise rest for  
our souls?**

Read **Philippians 4:13-19**, **Joshua 1:9**,  
and **Proverbs 16:9** for further  
scripture reference.



# **DAY 5: God's Promise of Rest PRAYER**

Lord,

We come before You, knowing that when we surrender to You and accept Your invitation that You will give us rest. Help us to accept Your yoke, that You may guide us down a better path. Jesus, carry our load so when we are weak we may not stumble. Help us to allow You to do so with all areas of our lives. Amen!

In Jesus' Name,

Amen



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The  
**CHOSEN**  
*Bible Study*  
**Season 1 Study Guide**



# Week 2 Study Guide

This is the printable study guide for our Episode 2 theme:

## **Jesus Gives Us Rest**

We hope you'll enjoy these, but we also hope that you'll comment and share on the social media posts we create about the things that you are learning from the Word of God.

In each lesson, you'll notice a "key question". Each lesson will dig into that query, providing Scripture and questions to help develop a more in-depth understanding. We encourage you to prayerfully consider how to answer that question and contemplate what impact that has on your relationship with Jesus.

Sincerely,

*The Chosen Bible Study Administration Team*





## DAY 6: “Come”

**Come** to Me, all who are weary and heavy-laden, 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)

### KEY QUESTION:

**What does Jesus mean when He tells us to “come”?**



# DAY 6: “Come”

Imagine for a moment, a feeling of completion, a feeling of complete restoration. Imagine not only being able to put your worries, your struggles, your fears, and your doubts to the side but having no need to even keep them. Can you imagine having your energy restored? To never tire. Can you imagine being able to rest and feel rested?

What would you do to get that rest? What would you be willing to do? What would you give? What would you be willing to give up? What would you pay to get this rest? How far would you travel?

***How does the world tell you how to get rest?***

***How do you make time to rest?***

***When you rest, do you feel rested “fully”?***



# DAY 6: “Come”

## How Does Jesus Call Us to True Rest?

The world tells us we can rest when we acquire riches when we retire, and can take all the vacations we want. We are told to be busy and to work hard.

Yet how are we to find energy? How do we rest?

There is one way to true rest. One that will allow us to walk through the worries and hardships of life, but one that leads to eternal rest.

## Jesus

It's the gospel message, and it comes with an invitation from Jesus. **“Come to me...”** It's an invitation, but it's critical to enter into eternal rest. There will come a time when we will have to face God's judgment (**2 Corinthians 5:10**). One path leads to death (**Romans 6:23a**), and one path will lead to eternal rest (**Romans 6:23b**), where there will be no tears, no more sorrow or loss! (**Revelation 21:4**). There will be joy and peace.

*“For the kingdom of God is not a matter of eating and drinking but of righteousness and peace and joy in the Holy Spirit.”*

**(Romans 14:17)**



# DAY 6: “Come”

## How Does Jesus Call Us to True Rest?

The world tells us we need vacations to rest, the big house with the hired cleaners to rest. We need the spas, the saunas, all the comforts in the world. Yet our world fails to enable us to rest in the times where we struggle to meet even our most basic needs. It fails to give us the finances to afford all these things we need to receive the rest we need. Think about what happens when you face a loss, or have a pregnancy. Is it easy to get the time off that you need to grieve, or to heal from the pregnancy and take care of your newborn baby? What about when you get injured? How much time off can you get approved to fully heal?

It's likely fair to say that your own story will reveal to you that this world promotes busyness, acquisition, and wealth over rest, and we can imagine all of our needs often take priority over rest. We get caught up in the busyness of our schedules and the heavy demands pushed on us by work and our families and friends.



# DAY 6: “Come”

## How Does Jesus Call Us to True Rest?

Then, we get the sermon or lecture on needing more rest, and immediately the feelings of shame and guilt start to rush in. We are in full agreement that rest is needed, but how? How do we make time for that? Then, the feelings of anger come in. *“I am working hard already! Who’s offering to watch the kids, or who’s going to pay for this vacation?!”*

***Then, along comes Jesus with an invitation...***

Jesus gives us an invitation to “come.” And, as we think about needing rest and thinking of all the things we need to do, we may think of this invitation to come as one more thing to do.



# DAY 6: “Come”

## How Does Jesus Call Us to True Rest?

But Jesus' expectations and requirements of us to achieve rest are vastly different from the world's requirements. We have an invitation to act, but the cost is paid by Jesus on the cross! God sees our pain. He sees our needs and our brokenness, and He wants us to come to Him because He is the only one who can provide us rest for today, in the good times and the bad. He is the only one who can give us eternal rest.

That invitation? All we need to do is say yes to God, to come before Jesus, and say we need Him.

He paid the price of our sins on the cross so we could receive grace and complete restoration from all our sins. He asks us to come to Him so He can give us rest.

As we go through this study, we will look at how God gives us rest even here on earth.

*“Peace I leave with you; my peace I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid.”*

**(John 14:27)**



# DAY 6: “Come”

## An Invitation

It is critical for each of us individually to decide to come to Jesus. Our souls need the rest only God can give. Without God, we can never truly access this rest. As we discussed, the first step is to say yes, but it is also how Jesus gives us rest in our daily lives.

Delve into the following scriptures to look and see what it is like to come to Jesus and how Jesus gives us rest:

**John 6: 63-65**

**How are we enabled to come to Jesus?**

**John 3:16-21**

**What happens to those who come to Jesus? What happens to those who reject Jesus?**

**Compare Isaiah 55:1-3 and Revelation 22:17**

**How are these verses similar?**

**What are the promises in these two Scriptures?**

**Do these make you more likely to want to “come” to Jesus with any problem?**



# DAY 6: “Come”

## Think About It/Application

Read **Isaiah 55:1-13**.

What does God ask you to do?

What does God do for those who come to him?

**Reread Jesus' response:** “*For you shall go out in joy and be led forth in peace; the mountains and the hills before you shall break forth into singing, and all the trees of the field shall clap their hands.*” (**Isaiah 55:12**)

What is promised in this verse?

Reflect on what God is asking you to do right now. Do you need to believe in Jesus and begin to follow him? Do you need to just come to Him?

How can you come to Him today and/or this week?



# DAY 6: “Come” Prayer

Lord Jesus,

We pray for the eyes to see our need to come to You, and the courage to lay aside whatever hinders us from coming to You with our burdens. Lord, we know Your arms are a safe refuge, and we pray we will run into them for comfort and strength. We thank You for being our safe harbor in every moment and for Your desire for us to come to You in times of both joy and suffering.

In Jesus’ Name,

Amen



# DAY 7: When We Labor

*“All you **who labor** and are heavy laden...”*

(Matthew 11:28)

**KEY QUESTION:**  
**What is this labor Jesus speaks of?**



# DAY 7: When We Labor

Are you weary? Are you tired? Do you spend your day working at a job, then coming home to cook, clean, and care for your loved ones? Or are you a stay-at-home parent, working to keep the house standing, to raise your kids not to be holy terrors, and trying to make every dollar last?

How often do you feel rested? How often do you get to put aside your suffering? Do you feel so bone tired you don't know how you will find the energy or the strength to continue to work? Does your body hurt? Does your mind feel so worn out that you struggle with patience with those around you?

There are many types of weariness. There is physical weariness, from physical hard labor. There is mental weariness from problem-solving and critical thinking, or just trying to figure out the many strange and challenging antics of your kids. And there is spiritual weariness from trying to carry all your burdens yourself. It is that spiritual weariness that can feel like a mountain weighing on our shoulders. It can knock us off course and send us spiraling.

***So, how are we to labor? And what does labor look like to the world and to God?***



# DAY 7: When We Labor

## All You Who Labor and Are Heavy Laden

God's expectations for how we work may differ from our expectations or the world's expectations. As you read the following verses, reflect on how you expect to work, or how the world expects you to work, and how it compares to how God calls us to work.

Read **Colossians 3:23-24**.

How are we to labor?

Can we expect anything in return?

If so, from whom?



# DAY 7: When We Labor

## All You Who Labor and Are Heavy Laden

Read **Hebrews 6:10**.

Is your labor for the Lord ever in vain?

How can you remember this when weariness begins to overwhelm you?

Read **Ephesians 2:10**. What kind of labor are we expected to do?



# DAY 7: When We Labor

## All You Who Labor and Are Heavy Laden

***Why is working for the Lord different than working for the world?***

In **Colossians 3:23-24**, we are called to work for the Lord, not people, and by doing so, God promises an inheritance. But what is that inheritance?

One answer lies in **Hebrews 6:10-12**. God promises to not forget your work, and by loving others, you will not become “spiritually dull and indifferent.” It then goes on to say that by working for God, you inherit God’s promises.

Read **Hebrews 6**. Reflect on how serving God and trusting in God leads to blessing and hope.

If we work for the Lord, does that save us? Here is where Christianity dives away from the other religions. Other gods ask you to work to be saved. For example, in the Hindu faith, to be reincarnated to a better life, one must work to be good, to gain enough karma to have an even better life in the next one. If you didn’t work hard enough to be good, you would not be rewarded in the next life.

Read **Ephesians 2:8-10**, **John 3:16**, and **John 14:6**. How are we saved? Does work give us eternal life?



# DAY 7: When We Labor

## All You Who Labor and Are Heavy Laden

**Why is working for the Lord different than working for the world?**

In every other faith/religion, work is how one gains salvation.

It's by good works, or being good enough that earns you salvation. It is working to do good that gets you in the religious god's good books and perhaps they might look down on you and reward you.

But God says, "I know you are going to mess up. I know you are going to sin. But I created you, I love you, and I want to make a way for you to come home." God knew it would be too hard for us to ever do enough good works to earn our way to salvation.

He knew it would be impossible for us to do it on our own!

God calls us to do good works, as we are called to love others and to serve Him, but the reward is not our salvation. We already have secured that when we said yes to following Him, when we repented of our sin and declared our need for His grace and salvation.

Remember the gospel message: **John 3:16-17.**



# DAY 7: When We Labor

## All You Who Labor and Are Heavy Laden

### **Why is working for the Lord different than working for the world?**

Many people work today because we simply have to. It's how we make a living. It's how we meet our needs, save up to acquire our wants, and make our dreams come true.

Sometimes we also work to forget. We will work all kinds of hours because we don't want a moment to think about our troubles, the losses we have felt. Or we work to be something that we want to be, to be the person society tells us we need to be.

The world today will try to tell us that our work is what will save us and fill what is missing, because "money buys happiness." The world will lie to us to say that if we have all the riches of the world, we will never want, we will never be lonely. We will never suffer. But how many times do we see those who have had it all still suffering, being seen only for what they have and not for who they are, only being wanted for their money or prestige?

When we work for the Lord, we have many promises that God has sprinkled into His Word to give us hope when we choose to follow Him.





# DAY 7: When We Labor

## Questions

How is God asking us to Labor?

Look up these verses and write down what it says about work and labor and how you labor. To explore more deeply, read the passage around the selected verses for context and insight.

**Ephesians 4:11-12**

**Galatians 6:10**

**1 Thessalonians 5:12-13**

**John 6:27**

**Philippians 2:12-16**



# DAY 7: When We Labor

## Think About It/Application

Reflect on your knowledge of the Bible and the world. How is the result of our work for the Lord different from the result of our work for others?

Look up the following verses. Write down the promises that God offers you.

**Jeremiah 29:11**

**Ephesians 4:28**

**Proverbs 16:3**

**Luke 6:35**

**1 Thessalonians 4:11-12**

**Psalm 128:2**

Reflect on how you labor right now and who you labor for. Go to God in honesty in your struggles to work for God. We all struggle, we all have that employer who pushes all the wrong buttons, or perhaps we are in a job we only took because there are no other options.

How can you work for God in the hard times, in the hard jobs? Perhaps take time to search for more of God's promises. Write down and memorize what you find.



# DAY 7: When We Labor

## Prayer

Lord Jesus,

We pray for those struggling with their work and for those who find little satisfaction in the work they do. I pray for our hearts to trust You with our work and our struggles. We pray for the strength to do our work and tasks for You and not for our employers. We thank You for the promises You give us in Your Word, to be with us and to give us wisdom and strength. We pray as we go through our days that we will feel Your strength in all our work.

In Jesus' Name,

Amen



# DAY 8: Spiritual Weariness

*“I am weary with my moaning; every night I flood my bed with tears; I drench my couch with my weeping...”*

*(Psalm 6:6)*

## The Key Question: What is Spiritual Weariness?

*“All you who labor and **are heavy laden...**”*

*(Matthew 11:28)*



# DAY 8: Spiritual Weariness

## ...And Are Heavy Laden

### **What comes to mind when you think of spiritual weariness?**

We are very familiar with physical weariness, emotional weariness, and mental weariness, but what about spiritual weariness? What is it, and what causes it?

Firstly, when we look at what being “heavy laden” looks like, an image of carrying a load too great to bear comes to mind. Perhaps you don’t even have to imagine it; perhaps you are experiencing it right now. It may be a burden you are carrying of your own making or one put upon you, yet it causes a weight on your shoulders that seeks to bring you to your knees.

When we try to carry the burden on our own, a burden beyond our strength, it will cause weariness. It will cause feelings of defeat or weakness.

It will lead to feeling broken, to feeling unworthy and of not being good enough. And the longer one carries the burden, the risk of complete defeat increases.

Spiritual weariness is a result of carrying burdens too heavy for us to carry in our strength. It is a weariness from trying to work through life without God, or it is a spiritual weariness of the battles the devil will throw our way every chance he gets. But to gain a better picture of spiritual weariness, we will dive into history and look at some people who experienced their kind of spiritual weariness.

### **What do you think Spiritual Weariness is?**



# DAY 8: Spiritual Weariness

## **...And Are Heavy Laden**

### Case Study One "Mary Magdalene"

Read **Luke 8:1-3**.

Very little is said about Mary Magdalene (i.e. Mary of Magdala), yet, in only a few sentences, her life was drastically changed. Essentially, Mary Magdalene began to follow Jesus after He cast out seven demons.

The impact on Mary would have been an extremely drastic change. Can you imagine the relief she would have felt? Think about what you know about what happens to a demon-possessed person from what we read in the Bible. We know they often have no control over their bodies, over their mouths, and that lack of control often puts them in harm's way, in life-threatening situations because the demon seeks to destroy them and anyone and anything in their path.

We don't need to go deep into her story, but the life she led prior to being freed would have been a lonely, traumatic life. It would have been full of fear and pain. Each failed attempt to free her would have led to hopelessness for her and those who tried to help her.

When you live in darkness, when you live in the midst of evil such as Mary did, it gives insight to spiritual weariness.

**But...** the most important part of her story is not in the spiritual weariness she felt, but in the ONE who was the only ONE who could bring restoration, redemption, and rest: **Jesus Christ**.



# DAY 8: Spiritual Weariness

## ...And Are Heavy Laden

### What leads to spiritual weariness?

*When you live in Darkness*

Not everyone chooses to live in darkness. Some live in it because they have not yet heard the gospel. But some live in it because they reject the gospel, or perhaps, somehow, like Mary, they became enslaved to the darkness. When we live in darkness, it causes separation from God. It keeps you from the inheritance God has promised those who turn to God.

Read **Acts 26:18**. Who has dominion over darkness?

Read **Proverbs 4:19**. How does the writer describe darkness?

Read **Ephesians 4:17-19**. How does Paul describe those who have rejected Jesus?

When you separate yourself from God, you fall prey to darkness and to evil. When you reject Jesus to choose to live life as you will, you are at risk of following evil. We face struggles, temptations, and hardships. Mary couldn't escape the darkness on her own. She needed someone more powerful to free her. Perhaps we are not enslaved by demons, but what about enslavement to drugs, food, lust, sex, gossip, and corrupt talk for example?

Our world is driven by so many caught in addiction, by so many who are trying to find ways to cope with their pain and grief. Yet how many find relief and find freedom? How many will find freedom lasting into eternity?



# DAY 8: Spiritual Weariness

## ...And Are Heavy Laden

### Case Study Two “Moses”

Read **Numbers 11:13-15** (for context, read through Numbers 11). Recall the story of the Jews in Exodus, and recall the wonders God did to rescue them from Pharaoh.

Moses expressed feelings of weariness, of a burden too heavy, enough to say it was not worth continuing to live if he had to continue on this way.

*What were the Israelites doing that brought on this weariness?*

*How did Moses feel during this time?*

We see how taking burdens too great can cause complaints and exhaustion to the point of considering your purpose for being here. Many scriptures are calling us to care for each other, to care for each other's burdens (**Galatians 6:2**). But what is the motivation behind carrying each other's burdens? Are you doing it to please people out of fear God will call thunder down on you if you don't carry their burdens?

Moses grew tired because he was forgetting who was the provider. Perhaps he forgot in his exhaustion, that while it was his responsibility to care for the Jews, to guide them, and to ease their burdens, he was not meant to do it alone.

***When you carry the burdens of others, how do you feel when it's too much for you, or when others seem to complain about your help?***

***How does it make you feel about God?***



# DAY 8: Spiritual Weariness

## ...And Are Heavy Laden

### Case Study Three

#### “Job”

Read **Job 7:1-7**. Do you remember what happened to Job? Remember how God allowed Satan to test Job? If you are unfamiliar with Job’s story, take some time to read through it. Job’s story will bring great enlightenment to spiritual weariness, but one that still ends with keeping his eyes on God. He experienced great loss and disappointment.

**What kind of emotions was Job feeling?**

**From Job’s story, how can you begin to define spiritual weariness?**

When we face incredible loss and grief, when we face hardships and trials, we question life, and thereby we question God. Why? Why must there be no end to this sorrow?! Why don’t you intervene? What did I do that this must be put upon me? Job in his testing was well acquainted with grief and sorrow. It wore on him, as it will wear on anyone. Perhaps you know this too well. Perhaps you are grieving yourself or facing never-ending hardships. Think about how well you deal with grief on your own.

**Read *Psalm 31:9-10*. What happens to you when you grieve?**

**Read *2 Corinthians 7:10*. What is the difference between godly grief and worldly grief?**



# DAY 8: Spiritual Weariness

**... and Are Heavy Laden**

Case Study Four  
“Paul”

Read **2 Corinthians 11:26-27** (for context, start from verse 1).

Paul shares honestly about his many trials. He is open in his struggles. He tells of his weariness in his walk with Christ—and there have been many! He faced struggles from those who sought to silence him, but also from other believers!

**What were the other believers doing that was leading to his spiritual weariness?**

**What caused Paul to lose sight of his purpose?**



# DAY 8: Spiritual Weariness

**... and Are Heavy Laden**

## Think About It/Application

Spiritual weariness comes from doing alone what was meant to do with God. It comes from trying to resist temptation, to carry your own and others' burdens by yourself, to heal yourself, and to correct others who seem set to destroy God's mission all on your own. We were never meant to do any of this alone. The whole purpose of Jesus being our salvation was to build a bridge to God so we can enter into a relationship with Him and find hope, strength, and provision for every aspect of our lives in both times of joy and times of sorrow.

*When we look at Mary, Moses, Job, and Paul, what led to their spiritual weariness?*

*What do their stories tell you about what spiritual weariness is?*

*Reflect on where you are at right now. Do you feel spiritually weary? Do you feel as if you are heavily burdened?*

*Reflect on why you may feel weary even when you do good. What are the reasons behind it?*

Tomorrow we will dive into how God gives relief to our labor and spiritual weariness. Read **Galatians 6:9** to prepare.

*Reflect on why is it important that we rely on Christ to help us to remain strong in doing good?*



# DAY 8: Spiritual Weariness

## Prayer

Lord Jesus,

We pray for those who feel heavy laden and feel deeply the spiritual weariness in their hearts right now. We pray they will come to You with their burdens, that they know they can cry and grieve and that You will grieve with them, but also that You will be their source of comfort. We pray again for the strength to do good and to not give up faith.

In Jesus' Name,

Amen



# DAY 9: I Will Give You Rest

*And he said, “My presence will go with you, and I will give you rest.”*

(Exodus 33:14)

**KEY QUESTION:**  
**What things do we try to find rest in?**



# DAY 9: I Will Give You Rest

## Looking for Hope and Rest

The last two days we spoke about why we labor and what leads to spiritual weariness. This may have triggered memories or brought up the very weariness you feel right now. If we could be there with you, we would offer up a listening ear. We all carry our burdens so close to our hearts. For some, it's because we feel it's the only way to control the situation and keep the burdens from completely overwhelming us. For others, it's because we've been carrying those burdens so closely and for so long that it has become a comfort zone of sorts. Sometimes even the hardest situations are less scary than the unknown—even with the possibility of better times to be had.

But my dear friend, we were not meant to carry our burdens alone, nor are we supposed to fight the darkness and our battles alone. Your heart may ask and even cry out, *“Why are there such hardships in the world, especially for those who have chosen to follow Jesus?”* Yet, Scripture does not say we will be free of hardships or free from trials. Reread **John 16:33**. What does it say you will have? Yes, that is right—tribulation! *But don’t forget the hope that follows.* Yes, we will face hardship, yet Jesus has overcome darkness and evil! The day He resurrected from the grave, death was defeated, and the way was paved for our salvation and redemption!

There are still battles to be faced as we wait for Jesus’ return, as God patiently and eagerly waits for His gospel message to be spread around the world so all have the chance to enter into a relationship with Him.

*The Lord is not slow to fulfill his promise as some count slowness, but is patient toward you, not wishing that any should perish, but that all should reach repentance.*

**(2 Peter 3:9)**



# DAY 9: I Will Give You Rest

*"Count it all joy, my brothers, when you meet trials of various kinds, for you know that the testing of your faith produces steadfastness. And let steadfastness have its full effect, that you may be perfect and complete, lacking in nothing."*

**(James 1:2)**

Just the words you want to hear when you face a trial, let's be honest. But there's, well, a but. Yes, count it a joy, but not for the resulting tears, the sorrow, the loss, or the exhaustion it produces. Rather, count on joy in the blessings gained when you keep your eyes upon Jesus! When you persevere, there are promises made to you.

Read the following scripture and write down what God promises you.

Romans 5:3-5:

Read James 1:12

1 Corinthians 10:13

But what does hope have to do with God giving us rest? Hope comes from knowing there's something to look forward to. Hope comes from knowing you do not need to carry the burden yourself but with someone. Hope comes from knowing the trials won't last forever. With that knowledge, it can bring both strength to continue and the ability to breathe and to lean against someone and truly rest.



# DAY 9: I Will Give You Rest

***“...but those who **hope in the Lord** will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.”***

***(Isaiah 40:31)***

***“I will give you rest...”***

What longing we have for rest! To say one day would be sufficient would be undermining the exhaustion we can all feel. No matter your situation, these days, life seems to be busy! It seems to be a fight to set healthy boundaries where you can take time to stop and rest, and even harder to rest as God calls us to do with so many distractions.

But every day, we long and dream for a rest where joy and laughter abound, where we find we sleep and feel restored, and rest where there are no tears or anger. In God, this is a promise to His chosen people! We will have eternity where there is joy, laughter, and no more tears! Amen!

***“He will wipe away every tear from their eyes, and death shall be no more, neither shall there be mourning, nor crying, nor pain anymore, for the former things have passed away.” (Revelation 21:4)***

But while we are still here on earth, we know we will face trials and suffering, but Scripture abounds with the promise that God will give us rest in the here and now!

**Read **Isaiah 40** and reflect on what it says about who God is and what he promises to those who are exhausted and weary.**

**What does the passage say about why God is capable of fulfilling His promise to give us rest?**



# DAY 9: I Will Give You Rest

It is good news that there is ONE who can provide us with rest, and we only need to come to Him. When we come to Him, He can give us peace beyond our understanding; He promises this. When you stop and rest in Him, peace will abound!

When you stop and remember who God is, you can find hope and faith in knowing that He fulfills His promise. When you can give Him your burdens completely and fully, you will be given the rest you need and the strength to endure every trial you face.

Now let's be honest here for a moment. It is not easy to just trust in His Word, or believe in His promises, especially in the most difficult of times. There are no easy words to explain the depth of sorrow and hardship we may face in this life. But we have a God who understands, one who is intimately acquainted with the deepest grief there is in this world.

## **“Jesus wept.”**

Jesus grieved as we grieved. He knew the weight of carrying an incredible burden, for on that cross *He bore every single one of our sins on His shoulders*. The number of sins per person for all who's lived on this earth... It's a staggering number we can't even begin to calculate.

Even the Bible talks about Jesus being a “man of sorrow, acquainted with grief” (**Isaiah 53:3**). Jesus Christ, the Messiah, knew deep grief, yet even in that grief He knew the value of rest, and He knew where rest came from. And because He KNEW the deepest grief, His promise that He can give us rest in the storms has even greater meaning for those who come to Him. And for our benefit, He demonstrated this for His disciples and for us as a reminder of the great importance of rest.

*“And behold, there arose a great storm on the sea, so that the boat was being swamped by the waves, but he was asleep.”*

**(Matthew 8:24)**



# DAY 9: I Will Give You Rest

**Philippians 4:7**

What does the peace of God do for us?

How does peace equate to rest?

**Romans 5:1**

How do we find peace?

**Romans 8:6**

What is the mind controlled by God filled with?

**1 Peter 5:7**

What should we do with anxiety that threatens to interrupt peace? Why?

**Psalm 37:7**

What does God ask you to do?



# DAY 9: I Will Give You Rest

## Think About It/Application

### QUESTIONS:

When Jesus sleeps through the storm and the disciples wake him up in fear, what is His response (see **Matthew 8**)?

Read the following passages and reflect on God's promises:

**Psalm 62:1**

**Psalm 2:1-2**

**Exodus 33:14**

**Psalm 91:1-2**

**Jeremiah 31:25**

Read the following passages of Scripture:

**Isaiah 26:3**

**Jeremiah 6:16**

**Matthew 11:28**

**Philippians 4:6-7**

What do these verses ask you to do so that you may receive God's peace?

How can you come to Jesus to receive His rest today or this week?



# DAY 9: I Will Give You Rest

## PRAYER

Dear Lord,

We pray we can come to You with our burdens so we may have the rest that only You can provide. We pray our hearts will be able to be still and know You are God over all our burdens and work.

In Jesus' Name,

Amen



## **DAY 10: “Take My Yoke Upon You”**

*Come, let us bear the yoke of the  
LORD, for it is good..."*

(Lamentations 3:27))

**KEY QUESTION:**  
**What does it mean to take on  
someone's yoke?**



## DAY 10: “Take My Yoke Upon You”

To gain a picture of what it means to “take my yoke upon you”, you may have to watch some TV shows, like *Little House on the Prairie*, or any Western where you would see oxen being yoked together to plow the fields. It is not something we would see every day in today’s time.

Can you picture it now? If not, *Easton’s Bible Dictionary* defines a yoke as “being fitted on the neck of oxen to bind to them, the traces by which they might draw the plow. It was a curved piece of wood called an ‘ol” ([Yoke - Easton's Bible Dictionary Online \(biblestudytools.com\)](http://www.biblestudytools.com)). In simpler terms, a yoke is a type of harness that is placed on oxen and other animals that helps make the work of the animals easier. It also points toward serving others by carrying or helping others with their burdens or tasks.

To wear the yoke is to come alongside another person to do the work together. As we spoke on last week, when we choose to follow Jesus, we are not suddenly free of tribulations or sufferings. That said, though, when we follow Jesus, we have the promise of never being without a God who is able to understand our feelings or the suffering we experience. We also have the promise that God will never forsake us (**Deuteronomy 31:6**).

“For we do not have a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tempted as we are, yet without sin. Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need.”

**(Hebrews 4:15-16)**



# DAY 10: “Take My Yoke Upon You”

So then, what does it mean to take Jesus' yoke upon you? Let's recall the oxen plowing the fields. Often when you have a new ox, it is paired together with the older, well-trained ox. There's a purpose to this; the older ox knows the paths and will often teach the younger ox. But it only goes as well as the young ox allows, being willing to submit to the older ox's wisdom and leadership.

So, when Jesus asks us to take His yoke upon us, *it's for us*. Jesus wants to take off the weight of our burdens and tasks so it is easier for us to carry.

## **So what do we need to do to take Jesus' yoke upon us?**

Taking Jesus' yoke means submitting ourselves to His authority. It means serving and obeying what He has set forth for us. If we're willing to do this act of submitting to Jesus, then He sets us free from the yoke of slavery to sin and sets His yoke upon us, a yoke that doesn't feel burdensome or heavy, and one that is easy and light.

**What does it mean to submit to Jesus' authority? It means to put your trust in Jesus ([Proverbs 3:5-6](#)), to obey God ([Acts 5:29](#)), and to humble yourself ([1 Peter 5:6](#)). What happens when you submit to God?**

**Read [James 4:7-10](#). What is God asking you to do in these scriptures?**



# DAY 10: “Take My Yoke Upon You”

## Think About It/Application QUESTIONS:

What does it mean to be yoked to someone? Is it a good thing or is it a bad thing? The Bible talks about being yoked to sin before a person decides to be yoked to Jesus. To live in sin brings burdens and consequences here on earth, but there will also be judgment when we one day come to the end of our life and face God (**2 Corinthians 5:10**).

Imagine being yoked to someone who doesn't like you, or seems to hate you. How well will you do the work you are tasked to do, or how much better will you carry your burdens with that person?

Read **Galatians 5:1**, **1 Timothy 6:1-2**, and **Isaiah 58:6**. And reflect on the following questions:

**What should we *not* be yoked to?**

**What happens when we become entangled with something/someone we should not be yoked to?**

**What happens when you take on the yoke of Jesus?**

**Reflect on whether you are carrying the yoke of sin or taking the yoke of Jesus.**



# DAY 10: “Take My Yoke Upon You”

## PRAYER

Father God,

We are so grateful for Your willingness to come alongside us so that when we take Your yoke upon us, we might receive Your rest and leadership as we do our work. We pray we will see our need to be yoked to You, and we pray for freedom from sin. We thank You for Your yoke that brings freedom for us!

In Jesus' Name,

Amen



*Jesus*  
Gives Us  
**REST**

The  
**CHOSEN**  
*Bible Study*  
**Season 1 Study Guide**



# Week 3 Study Guide

This is the printable study guide for our Episode 2 theme:

## **Jesus Gives Us Rest**

We hope you'll enjoy these, but we also hope that you'll comment and share on the social media posts we create about the things that you are learning from the Word of God.

In each lesson, you'll notice a "key question". Each lesson will dig into that query, providing Scripture and questions to help develop a more in-depth understanding. We encourage you to prayerfully consider how to answer that question and contemplate what impact that has on your relationship with Jesus.

Sincerely,

*The Chosen Bible Study Administration Team*





# DAY 11: “Learn from Me”

*Come to Me, all who are weary and heavy-laden, 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)*

**KEY QUESTION:**  
**How do we learn from Jesus**



# DAY 11: “Learn from Me”

The question: How do we learn the easy way and not the hard way? Imagine pairing a younger ox with an older ox to train the younger ox to work the fields. A young ox who is overconfident, sure of himself, and wants the control himself will often find the hard way is his way. But a young ox who puts his trust in the older ox and learns from him will often find the learning goes smoothly, or smoother than if he tried to go his own way. In this image, the oxen are attached; so, if they are not working as a team, they will end up fighting against the yoke, and the work will not get accomplished or be done well.

There's an important element we can see in this illustration. The young ox has to make a choice: to go his own way or trust the older ox's wisdom. Yesterday, we spoke about how that applies to our relationship with Christ. We have to choose to take Jesus' yoke upon us. We have to trust that God will walk us through the fields of our lives and the work He has called us to do.

If you choose to take Jesus' yoke upon you, we want to assure you that Jesus is trustworthy. When you choose to trust a teacher, there are many qualities providing evidence of their trustworthiness. Some of those qualities are knowledge, experience, relatability, compassion, and reliability to name a few. Recall when you were a child, the teacher or adult you trusted the most. What was it about them that enabled you to allow them to guide your life?

**What do you know about Jesus that helps you to trust Him?**

**What might be hindering you from trusting Him?**



# DAY 11: “Learn from Me”

Knowing the character of God gives trust. Knowing how God sees you builds trust. If you are struggling to learn from God, first remember what makes God trustworthy. If you feel like you are unable to learn or are not good enough, first remember how God sees you.

What does scripture say about God’s character? Write down each characteristic of God, described in the following verses.

1 John 4:8	
Psalm 18:30	
John 14:6	
1 Cor 10:13	
Exodus 34:6-7	
John 4:24	
Revelation 22:13	
John 1:14	
Psalm 27:1	



# DAY 11: “Learn from Me”

## Who Does God Say You Are?

There is a saying that is often told to learners who are struggling: “If you think you can, you can; if you think you can’t, you can’t.” Many teachers will see students struggle because they do not believe in themselves. They struggle and judge themselves as unable, so they never try to improve; they give up. However, the students who can demonstrate improvement are those who first begin to control their thoughts from constantly thinking negatively. I, Liz, would take it a step further.

When I was in high school, I had an eccentric Hungarian band teacher. He was a strong, blunt, with high expectations sort of teacher... and he could swear worse than a trucker. But I will tell you, he was one of the best teachers. He had high expectations because he believed in his students. It wasn’t just about our ability to play, but our ability to discipline ourselves to reach our full potential.

Knowing the teacher had confidence in a student’s ability has more influence over a student’s success than most people would give credit to. So, knowing how God sees you and believes in you is powerful to each of us in our journey of walking with God and learning from Him.

**Who are you?**

**How do you see yourself?**



# DAY 11: “Learn from Me”

## Who does God say you are?

Ephesians 2:10	
1 Peter 2:9	
Psalm 139:13-14	
Ephesians 1:3-7	
Galatians 3:26	
Colossians 3:12	
1 Corinthians 12:27	
Romans 8:17	





# DAY 11: “Learn from Me”

The first step to learning from Jesus is knowing Jesus is trustworthy. He is who He says He is. He created you and wants you. He is compassionate towards you and is your rock.

The second step is knowing God believes in you. He created you for a purpose, and He adopted you into His family. He values you and loves you.

So, now we look to how we learn from Jesus. We have a God who is the perfect teacher. He knows every inch of us. He knows how we learn. This is something any teacher knows is of value, that is to recognize we all learn in different ways and through different methods. But what is most important is we all learn from other people, different experiences, and different circumstances. Yes, no matter your thoughts about yourself or others, we do all learn. What we choose to learn is up to us.

When we choose to be yoked to Jesus, we receive the benefit of allowing Him to carry the majority of the load as we learn from Him. When we allow Him to lead and trust in Him, He promises to direct our steps (**Proverbs 3:5-6**). He will guide us and, through being yoked to Him, will allow us to learn without feeling as if we are alone in our struggles. It is a choice, and He wants us to take His yoke upon us. He wants us to learn from Him. Does this all sound familiar? To us, it sounds very much like Jesus saying, “Come... follow me.”



# DAY 11: “Learn from Me”

God has given us the gift of His word to guide us through life. There we can read His promises and His teachings. It is one of the sources in which we learn from Jesus.

First, we can read in the Word the promises God gives us to teach us and guide us.

Read the following verses. What does God promise?

**Psalm 32:8**

**James 1:5**

**2 John 1:9**

**2 Timothy 3:16-17**

Read **Proverbs 1:7**. Where does knowledge begin?

Read **John 14:26**. Whom does God send to help guide you?

Read **Matthew 28:19-20**. What does God call His believers to do? How are others to be a source in helping us learn?



# DAY 11: “Learn from Me”

## Think About It/Application

Read **Matthew 4:19**. How does this invitation imply “learn from me”?

Read **John 13:15**. How did Jesus make it possible for us to learn from Him?

Read **1 Peter 2:21**. How can you learn from Jesus, even in suffering?

There have been studies on how reading the Bible influences you. But we would argue the studies reveal how God can lift our burdens when we do life daily with Him. These studies have shown a decrease in loneliness, anger, bitterness in relationships, and relief from other struggles among other benefits. When we spend time daily with God, He lifts our burdens, sometimes even before we fully realize it.

***How can you take time to be in God’s word daily so that you may learn from Him?***



# DAY 11: “Learn from Me”

## Prayer

Lord Jesus,

We pray we can trust You with our burdens and that we can choose to take Your yoke upon us so we may learn from You. Lord, we pray we will ask for wisdom and receive it. We also pray that we will feel the weight of our burdens lifted when we trust You, and we pray we will all choose to surrender to You and Your infinite wisdom so we will not be alone in our work and life.

In Jesus’ Name,

Amen



## DAY 12: The Gentleness of Jesus

*“I am gentle and lowly in heart...”*  
(Matthew 11:28)

**KEY QUESTION:**  
**What is gentleness?**



## DAY 12: The Gentleness of Jesus

What image comes to your mind when someone comes to you and offers to carry your burdens? What qualities do you expect that person to have? Let's be honest, you think of someone strong, someone who has it all together and has resources, who is a force to be reckoned with, and/or knows which key to open. But would gentleness and meekness be considered at the top of your list?

Potentially, if you know the true definitions of gentleness and meekness; however, these two words are most often misunderstood and mistaken for weakness and helplessness. Yet, in this passage, Jesus states we can learn from Him because of His gentleness and meekness. So, why does He highlight those two qualities? The answer lies in the definition of gentleness and meekness.

Let's first look at gentleness. Firstly, we sometimes see people associate gentleness with weakness, mildness, and being a doormat; however, the association that gentleness equals weakness is not accurate. Rather, to be gentle requires abundant strength under control. As one such definition states gentleness: "Sensitivity of disposition and kindness of behavior, founded on strength and prompted by love." ([www.Biblestudytools.com](http://www.Biblestudytools.com)).

Think of it this way, a Clydesdale horse has an amazing amount of natural strength just due to their size and stature. It would take them no effort to send us flying when they use us as a scratching pole with their mere heads or send our feet to a feeling of numbness by stepping on them. If they so desire us humans to dare to come back and give them attention, they need to learn to control their strength. Essentially, they need to learn to be gentle. But it is that gentleness which is amazing and why they are often called gentle giants. Somehow their gentleness does not make them weaker but stronger, and their gentleness is what causes people to trust them to carry them. It's a rather beautiful picture, strength and gentleness.



*This is a picture of Jesus (from The Chosen), who exudes both strength and gentleness. This conveys His trustworthiness. His gentleness proves He is trustworthy. And, in His gentleness, He will not force us to take His yoke, but, in love, He offers it to us. Interestingly enough, we are promised that when we walk in the Spirit... "For the fruit of the spirit is... gentleness." (Galatians 5:22-23)*



## DAY 12: The Gentleness of Jesus

Meekness, like gentleness, is often confused with weakness and being a doormat, but it is the very opposite. It is a state of being humble, of submission with conscious decisiveness amid suffering and trials. It may appear as if one is submitting to defeat, but meekness, as intended biblically, is submitting to God's authority in trust and not submitting through acting out of feelings and out of response to the situation.

When I think of meekness, the story of Louis Zamperini comes to mind, an Olympic runner who spent time in a Japanese war prison during WWII. There he was imprisoned and tortured, and surely his will to live was tested. There's a movie, "Unbroken", that shows a scene where the head of the camp, who seemed to have it out for him, tells him to pick up a heavy piece of wood, if he fell or dropped it, the soldiers were to shoot him on the spot. It would have been so easy to just drop the wood and take the shot, or respond in anger, for he was most likely going to die anyway. Yet, he picked up the wood. He "submitted" to the evil and would appear to proceed to die the way he was ordered to. For how long could a man who had been starved, tortured, and forced to do hard labor be able to stand in one spot holding a heavy load?

But Louis Zamperini did not submit to the prison head. He made a choice not to allow the hopelessness of the situation to beat him. He made a choice: His life may be lost, but not the spirit of who he was or the perseverance that had led to him making it to the Olympics. In the scene, we see the head leader of the prison watching him as, even in Louis' exhaustion, he lifts it powerfully over his head, and the head leader realizes he's lost. No matter what he does, he cannot break Louis' spirit.

Meekness and humbleness are the greatest tricks of illusion. The enemy sees it as a weakness, they fall prey to the illusion that they are winning. But meekness knows that no matter what, evil *will not prevail*. And so, even in what appears to be a defeat, a person who chooses to be meek chooses to submit to the God who has *already won the war*. In other words, evil may win a battle from time to time, but it is futile because a believer's fate is already sealed and safe in the hands of Jesus.

*"In him you also, when you heard the word of truth, the gospel of your salvation, and believed in him, were sealed with the promised Holy Spirit, who is the guarantee of our inheritance until we acquire possession of it, to the praise of his glory."*

**(Ephesians 1:13-14)**



# DAY 12: The Gentleness of Jesus

## Jesus is Gentle and Meek

Read **Matthew 21:5** and **2 Corinthians 12:1**. How is Jesus described in these verses?

How do these verses demonstrate God's gentleness and meekness and how it blesses us?

**Psalm 18:35**

**Isaiah 40:11**

**2 Corinthians 10:1**

Read **Philippians 2:1-11**. How did Jesus demonstrate meekness?



# DAY 12: The Gentleness of Jesus

## Think About It/Application

Reflect on your perceptions of gentleness and meekness. Do you think they are examples of strength of character or weaknesses? Be honest in your reflection and think about the why.

Look up the following verses. How are you called to be gentle and meek?

**1 Peter 3:15**

**Colossians 3:12**

**James 1:12**

**Romans 12:14**

**1 Timothy 6:11**

**Titus 3:12**

Reflect on your daily life. We all have struggles unique of our own and of various levels. How are you responding to the trials? Are you responding out of the moment or out of gentleness and meekness?

If not, can you make a choice to take Jesus' yoke to learn from Him?



# DAY 12: The Gentleness of Jesus

## Prayer

Lord Jesus,

Let us see Your gentleness and meekness in our daily lives so that we might know You are trustworthy to lean on and to learn from. Lord, let us recognize the strength it is to learn gentleness and meekness from You. I pray the Holy Spirit will envelope us with Your fruits so we may grow stronger in You and through You.

In Jesus' Name,

Amen



# DAY 13: Finding Rest

“...You will find rest for your souls...”

*(Matthew 11:29b)*

**The Key Question:  
What is spiritual weariness?**

“All you who labor and **are heavy laden...**”

*(Matthew 11:28)*



# DAY 13: Finding Rest

Read **Hebrews 3**.

We see **Hebrews 3** speaking of God's rest and recalling the Israelites wandering in the desert. God had sworn to go before the Israelites to the Promised Land. He only asked for their trust and obedience. Unfortunately, they didn't obey Him and even expressed longing to return to Egypt. The result: For 40 years they wandered and missed out on His rest. It was a lesson learned the hard way.

*How often do you learn the hard way instead of trusting the direction of those wiser than you?*

*How often do you learn the hard way instead of trusting God?*

**Read Hebrews 3:6-11.**

*How is your heart? Is it soft towards God? Or is it hardened?*

*Why does God ask you to soften your heart?*

*Side note: We recognize the question of how is your heart towards God is a truly blunt and hard question to ask and to answer. Can we be honest with ourselves, to God, to someone trustworthy? We ask most lovingly, with no shame, for we serve God who loves us. We live in a broken world, we face suffering and hardships, some of which are unspeakable. We see news that shows heartbreak. We all face doubts, and we question. We face times of grief and anger, yet God is unchanging and in every moment is trustworthy and not without understanding of unspeakable suffering, for Jesus, too, experienced unspeakable suffering on the cross. And God, through the cross and resurrection, fulfilled His promise to redeem us and to defeat the war against evil. All we have to do is put our trust in God.*

***If it wasn't too late for the thief on the cross, it's not too late for us!***

*What do you think softening your heart towards Jesus has to do with rest?*



# DAY 13: Finding Rest

## Read Hebrews 4.

After a convicting chapter like Hebrews 3, we move into the next chapter, which holds an application for us. **Hebrews 4:1** speaks about the promise of rest, which is the promise of salvation through Jesus. It is faith that allows us to enter into this eternal rest. This faith means ceasing to rely on ourselves and instead rely on Jesus.

**Hebrews 4** goes on to look at how those who first heard about God's rest failed and was missed, yet God created another time for us to enter His rest, but verse 11 holds an interesting thought...

*"So let us do our best to enter that rest..."*

We don't rely on ourselves to enter rest, but we are to make every effort to enter rest? This doesn't mean we earn salvation. There is plenty of scripture to state that our salvation comes from God's grace through Jesus. But, we are required to say yes to God, and God calls us as his chosen people to fully trust Him and yield to the Holy Spirit in every moment.

When we fail to believe God's words, when we fail to trust Him and obey Him, we are the ones who are disobedient... just like the Israelites wandering. Everyone is accountable to God!

## Read Hebrews 4:14-16.

*Out of everything discussed in Hebrews 3 and 4. What is the most important thing that these last verses in chapter 4 highlight?*

*How does it give you hope?*



# DAY 13: Finding Rest

## You Will Find Rest for Your Souls

Read **Hebrews 3:7-11**, **Numbers 32:10-13**, and **Psalm 95:4-11**. Why were the Israelites not allowed to enter the promised land?

Compare what you read in Psalm 95 with Hebrews 3.

**Read Hebrews 3:12-19.** How do you think this premise of disobedience interferes with our rest in Him?



# DAY 13: Finding Rest

## Think About It/Application

Read **Hebrews 4:10-11**. How can we fail to enter God's rest?

What are some areas in which you are not trusting the promises of God and missing out on rest?

How does unbelief interfere with the rest God provides?

What do you personally need to do for yourself to enter God's rest?

*For further study: Hebrews: The Quest for Final Rest ([bibleproject.com](http://bibleproject.com)).*



# DAY 13: Finding Rest

## Prayer

Lord Jesus,

Jesus, as we may feel convicted, remind our hearts that You did not come to condemn but rather came to give grace and life. Lord, let us say yes to Your gift of salvation and grace. Let us be obedient to You and give our hearts fully to You! Let us not be kept from Your rest, but help us receive it and enter into it!

In Jesus' Name,

Amen



# DAY 14: The Yoke of Jesus

*“For my yoke is easy and my burden is light...”*

(Matthew 11:29)

**KEY QUESTION:**  
**Is being a Christian easy and without  
struggle?**



## DAY 14: The Yoke of Jesus

There is hope with the promise Jesus will carry our burdens! Does this make you excited? It should! When you walk through the hard parts of life, doing it alone is like a pit of despair, for, if you fall, who is there to catch you? When Jesus walks with you, He promises to never forsake you, to be with you, and to guide you. But we can't jump to the conclusion that once we submit to Jesus that our lives will be free from hardship. That is not in alignment with the rest of the Word. The Bible says that we should expect trouble (**John 16:33**). This is not to bring discouragement, but neither are you filled with false hope that life will get easy. Again, there is hope and assurance we will not be alone, and, when we trust God, we allow Him to guide us through and carry us at all times.

When Jesus said, "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..." (**Matthew 11:29**), He was using a metaphor that would have been familiar to His audience. As an agrarian society, the ancient Israelites would have been very familiar with the yoke reference. We, however, may need some explanation. Simply put, a yoke is a wooden beam normally used between a pair of oxen or other animals to enable them to pull together on a load.

Jesus used this metaphor to explain why we need to be connected to Him. Now, what it means when you are yoked to Jesus is that He will walk with you through the difficulties and trials of life. He offers guidance and wisdom that lead to peace. No matter how weary you become, Jesus still invites you to come to Him with all your burdens. He promises to enable you to go through it in righteousness while bringing glory to the Father.



# DAY 14: The Yoke of Jesus

## **Read John 16:33.**

Here again, we see the reference to peace. In this situation, Jesus offers his disciples peace amid impending tribulation. He assures them that, although they will face difficulties in the world, they can take courage.

*What does Jesus mean by saying, "In this world you will have trouble"?*

*Though we can expect trouble, what has Jesus promised us?*

*How does Jesus' promise of overcoming the world provide comfort to you?*

*What are some examples of "troubles" that believers might encounter in the world today?*

*How should the promise of Jesus' victory over the world impact the believer's perspective on suffering and hardship?*

*How does this verse challenge the popular notion of a trouble-free life for Christians?*



## DAY 14: The Yoke of Jesus

Read **1 Peter 5:10**. What promises do you note here regarding suffering?

*In what ways can we cooperate with God's work of restoration in our lives and the lives of others?*

Read **Philippians 4**, with a focus on **Philippians 4:13**. What do you think "all things" is referencing?

*How does the promise of Christ's strength in this verse differ from a message of self-sufficiency and/or self-reliance?*

*What misconceptions might people have about the meaning of this verse?*

*How would you address those misunderstandings?*



# DAY 14: The Yoke of Jesus

Read **John 14:27**.

Here, Jesus is speaking to his disciples, offering them comfort and reassurance before his departure. Jesus urges his disciples not to be troubled or afraid because His peace will be with them always. This isn't just for the disciples, though. Jesus promises His followers this same gift of peace. This is no ordinary peace, though; this is a peace that goes beyond worldly understanding and comes from a deep spiritual connection with God. Essentially, this verse reminds us of the enduring presence of Jesus and of the peace that He offers to those who follow Him.

*What does Jesus say about peace?*

*How does Jesus differentiate His peace from the peace that the world gives?*

*How should the peace of Christ impact our relationships?*

*How should the peace of Christ affect the way we interact with the "world"?*



# DAY 14: The Yoke of Jesus

## Think About It/Application

Taking the yoke of Jesus is the assurance we will not walk through life alone. It is the promise that God will guide us through the rough patches and ease our burdens. We will still face trials and times of hardship, but Scripture is full of God's promises as we have read. We have the assurance of God's presence and His wisdom to direct our steps.

It's just like when the trained ox takes on the young ox. The trained ox guides the new ox into the right path, even the parts that are rough. And when the young ox puts their trust in the trained ox and follows him, the young ox will find strength and guidance through the terrain of their work.

Jesus as our yoke is great hope! It is the promise of our burdens being carried by one who is strong enough to handle anything. God will guide us and help us become overcomers!

*Think about how Jesus' yoke is a blessing to you. Write down evidence in your life where Jesus has carried you through the storm.*

*Write down the burdens that you need to give to Jesus. Can you take Jesus' yoke and let Him carry them for you?*

### Further Scripture References:

**Philippians 4:7**

**Isaiah 26:3**

**Romans 15:13**

**Psalm 29:11**

**2 Thessalonians 3:16**



# DAY 14: The Yoke of Jesus

## PRAYER

Father God,

You love us so much that You are willing to give us peace that surpasses all understanding. This is a gift that is all too easy for us to brush off or take for granted. We ask that You will point us to Your Word for the reminders of the peace you extend to us. Thank you, Jesus, for your sacrifice so that we can always participate in the peace that You have for us.

In Jesus' Name,

Amen



## DAY 15: “Take My Yoke Upon You”

*“Come to Me, all who are weary and heavy-laden, 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)

### **KEY QUESTION:**

**What does Jesus mean when he says we will find rest?**



## DAY 15: “Take My Yoke Upon You”

When Jesus speaks of finding rest, He's often referring to finding peace, solace, and contentment in Him. Jesus invites us to rest in Him by telling us to submit to His authority and let Him lead. But this isn't a cruel dictatorship kind of leadership, not at all. He leads us in a gentle and caring way that brings peace and rest to our souls.

Jesus invites those who are burdened with the cares of life, weighed down by worries, guilt, or struggles to come to Him. He offers not just physical rest, but spiritual rest—a deep-seated peace and assurance that comes from knowing and trusting in Him. This rest isn't just a cessation of activity, but a profound inner peace and fulfillment that comes from being in a right relationship with God through Jesus Christ.

It gives peace and strength that can only come from Jesus and gives our hearts and souls the kind of rest that can truly satisfy us. When you have taken the yoke, it's a blessing, and it's a blessing God wants you to share with others. For there are many who are suffering and walking through life alone, unable or not always wanting to see God's hand outstretched to them.

But Jesus says *all* who come to Him, which speaks to His desire to care for all who need Him. And the truth is, whether we admit it or not, we *all* need Him!



# DAY 15: “Take My Yoke Upon You”

Knowing the blessing of Jesus' yoke is meant for us all. When we find rest, we need to pass the blessing to others who need it. How do we do that? How do we do that in a society that seems bent on rejecting God?

We need to first remember it's God's very specific and thoughtful gift to all who accept it. He genuinely wants us to have the blessing of rest. When we rest in the Lord, when we take Jesus' yoke, we take refuge in Him and are blessed.

*“Oh, taste and see that the Lord is good! Blessed is the man who takes refuge in him!”*  
**(Psalm 34:8)**

This rest is a blessing to benefit us, not to burden us! Rest is more than just ceasing work, but it is also showing mercy.

*“Six days you shall do your work, but on the seventh day you shall rest; that your ox and your donkey may have rest, and the son of your servant woman, and the alien, may be refreshed.”*  
**(Exodus 23:12)**

*“So then, there remains a Sabbath rest for the people of God, for whoever has entered God's rest has also rested from his works as God did from his. Let us therefore strive to enter that rest, so that no one may fall by the same sort of disobedience.”*  
**(Hebrews 4:9-11)**

And this rest is for celebrating, refreshment, and communion with the Lord.

*“That which was from the beginning, which we have heard, which we have seen with our eyes, which we looked upon and have touched with our hands, concerning the word of life—the life was made manifest, and we have seen it, and testify to it and proclaim to you the eternal life, which was with the Father and was made manifest to us—that which we have seen and heard we proclaim also to you, so that you too may have fellowship with us, and indeed our fellowship is with the Father and with his Son Jesus Christ. And we are writing these things so that our joy may be complete. This is the message we have heard from him and proclaim to you, that God is light, and in him is no darkness at all.”*

**(1 John 1:1-10)**



# DAY 15: “Take My Yoke Upon You”

Read **Exodus 20:8-11**.

*What kind of rest is spoken of here?*

*What does it mean to “keep the Sabbath day holy” as mentioned in these verses?*

Read **Psalm 23:2-3**.

The imagery seen here shows God as a caring shepherd who provides for the needs of His sheep—us. Symbolically, green pastures and quiet waters are places of abundance, nourishment, and tranquility. He leads us to these places of rest and peace, a place where we can find renewal.

God doesn't only provide for the physical needs of His people, but he refreshes and restores our very souls. His Word nourishes, heals, and gives peace. This is how it is when we are in the presence of a holy God.

As if that weren't enough, God also guides and provides direction for believers. Our job is to trust Him to lead us “in paths of righteousness”, even when we don't understand. God's guidance is to give us wisdom and lead us, for sure. But this isn't just for our benefit; it is also to honor God and His character.

These few verses from **Psalm 23** show us we can trust God to provide, guide, and care for us. It also speaks to the comfort we can find in having a solid relationship with Him.

*How does restoration of the soul and leading in righteousness provide rest?*

*In what ways does God provide restoration for your soul?*

*Why are rest and refreshment so vital in maintaining a healthy relationship with the Lord?*

*We all need rest and renewal. How can we allow God to lead us to those places?*



# DAY 15: “Take My Yoke Upon You”

Read **Revelation 14:13**.

*How does having hope in Jesus give us rest?*

*Reflect on the contrast between the rest promised to those who die in the Lord and the judgment awaiting the unrepentant. What do you note?*

*How does this change the way you see the world around you? How does this change the way you see the people around you?*

Read **Hebrews 4:9-11**.

*What is the remaining Sabbath rest?*

*How does the concept of Sabbath rest in **Hebrews 4:9** relate to the Old Testament Sabbath commandment?*

*What are some hindrances that may prevent you from entering into God's rest, as mentioned in **Hebrews 4:11**?*

*How does the Sabbath rest in **Hebrews 4:9-11** point to the ultimate fulfillment in Christ?*

*How can we keep a balance between rest and productivity in our lives as Christians?*



# DAY 15: “Take My Yoke Upon You”

## Think About It/Application

### QUESTIONS:

So, knowing all we've learned about taking the yoke of Jesus, and how we are blessed with rest, how do we share the rest with Jesus?

It's by loving others that God calls us to, which will plant seeds and open hearts toward Jesus. It's taking our burdens to God, and allowing Him to strengthen us through rest so we can go out into the world in love.

*How can you apply **Matthew 11:28-30** to your own life?*

*How can you prioritize rest and communion with the Lord daily and weekly?*

*How can we share the blessing of God's rest with others? How can you?*

Further Scripture References:

**Psalm 62:1-2**

**Exodus 33:14**

For a very thorough investigation into rest and the Sabbath, please see: [Sabbath\\_Study-Notes.pdf \(d1bsmz3sdihplr.cloudfront.net\)](https://d1bsmz3sdihplr.cloudfront.net/Sabbath_Study-Notes.pdf)



# DAY 15: “Take My Yoke Upon You”

## PRAYER

Father God,

It is truly wonderful that You desire for and provide for our rest. We thank You that we can find true rest in You. On those days when the world and our struggles seem to overwhelm us, we ask that Your Holy Spirit reminds us that we only need to look to You for rest. We pray that we will find quietness in Your presence and that our worries and anxieties will fade away. Thank You for the times when You guide us to green pastures and quiet waters where we find refreshment and restoration of our souls.

In Jesus' Name,  
Amen