

### TEXT: MATTHEW 11:28

“Come to me, all of you who are weary and carry heavy burdens, and I will give you rest.” (NLT)

### DISCUSSION QUESTIONS

- The video says that rest isn't just important – it's the place from which we must begin in the Christian life. Does starting with rest feel strange or even wrong to you? If so, what might that reveal about how we've been taught to think about spiritual growth?
- How can spiritual disciplines subtly turn into a self-improvement program instead of training us to depend on God?
- Why is “resting in Christ” not the same as laziness or spiritual apathy?
- When thinking of the “three Rs” routine (**review**, **remember**, **rest**) which of the three feels most natural to you? Which one feels the hardest? Why?

