

"Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light."

Matthew 11:28-30 (NIV)

Rest In My Presence

Stop. Slow down. Take a deep breath. Give yourself a break. Get some rest. Those are words that I really need to hear. I have been running myself into the ground. I am weary. I am worn out. Taking a break and getting some rest sounds so inviting to me. **Then you have heard my invitation. I am calling you to come to me. I will give you rest. I will help you to lay your burdens down. Come to me. Rest in my presence. Let me revive and refresh your life. Let me help you to set your burdens down.**

What has the frantic pace of your life done for you? How have you benefited from running from one thing to another? Has all your activity born an abundance of fruit for my kingdom? Has your weariness brought glory to my name? Has your life been a bold and bright witness for me? Do others look at your life with great admiration? Do you have what others want? Are others attracted to what you have? No, not hardly. I'm glad that you know that. Why is that?

I know that you hunger to know me. I know that you thirst for an intimate relationship with me. You want what I want. We both want the same thing. I want you to know me. I want you to live fully for me. I want you to hold on to me as I hold on to you. I will draw near to you as you draw near to me. Come now and rest in my presence.

I have a completely new and different life for you to live. What kind of life do you have for me? **Give up on your pride. Leave your independence. Let me refresh you. Let me revive you. Let me teach you all that I want you to know. Let me mold and shape you into who I want you to be. Humbly come to me. Rely on me. Trust me with your life. Do what I ask of you. Go where I guide you. Live the life that I will give to you. You will bear fruit for my kingdom. You will bring glory to my name. You will be a bold and bright witness for me. Others will be drawn to me through the witness and testimony of your life. Will you come to me now? Will you make it your priority to rest in my presence so that you can hear from me? Will you listen to all that I want to teach you? Will you live the life that I give you to live?** Yes Lord, I will.

Lord, thank you for calling me to come to rest in your presence. I'm weary and burdened. Life has beaten me up. Refresh my life. Relieve me of my burdens. I'm here now to humbly learn from you. Teach me how to take on your yoke and carry your burden. Amen

Guidance *Come To Me*

"Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light."

NIV Matthew 11:28-30

Guidance *Come To Me*

Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light."

ESV Matthew 11:28-30

Guidance *Come To Me*

Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. For my yoke is easy to bear, and the burden I give you is light."

NLT Matthew 11:28-30

Guidance *Come To Me*

Come to Me, all you who labor and are heavy laden, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls. For My yoke is easy and My burden is light."

NKJV Matthew 11:28-30

Guidance *Come To Me*

"Come to me, all you that are weary and are carrying heavy burdens, 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."

NRSV Matthew 11:28-30

Guidance *Come To Me*

"Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly."

MSG Matthew 11:28-30

Guidance *Come To Me*

Come to Me, all you who labor and are heavy-laden and overburdened, and I will cause you to rest. [I will ease and relieve and refresh your souls.] Take My yoke upon you and learn of Me, for I am gentle (meek) and humble (lowly) in heart, and you will find rest (relief and ease and refreshment and recreation and blessed quiet) for your souls. For My yoke is wholesome (useful, good—not harsh, hard, sharp, or pressing, but comfortable, gracious, and pleasant), and My burden is light and easy to be borne.

AMP Matthew 11:28-30

Guidance *Come To Me*

Come to me and I will give you rest—all of you who work so hard beneath a heavy yoke. Wear my yoke—for it fits perfectly—and let me teach you; for I am gentle and humble, and you shall find rest for your souls; "for I give you only light burdens."

TLB Matthew 11:28-30

Guidance *Come To 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."

NASB Matthew 11:28-30

Guidance *Come To Me*

"Come to me, all of you who are tired and have heavy loads, and I will give you rest. Accept my teachings and learn from me, because I am gentle and humble in spirit, and you will find rest for your lives. The teaching that I ask you to accept is easy; the load I give you to carry is light."

NCV Matthew 11:28-30

Come To Me

Year _____ Week _____ Day _____ Date _____

Guidance – Matthew 11:28-30

In Context: *Read Matthew 11*

Begin With Prayer:

Here I am Lord. I Am Listening.

Meditating On God's Word: ***(What is God speaking to your heart?)***

"Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light." Matthew 11:28-30

Considering The Words: ***(What words speak to your heart?)***

"Come to me, | all you | who are | weary and burdened, | and | I will | give you rest. | Take my yoke | upon you | and | learn from me, | for I am gentle | and | humble in heart, | and | you will | find rest | for your souls. | For my yoke | is easy | and | my burden | is light." Matthew 11:28-30

Praying The Scripture: ***(What prayer from your heart will you write?)***

Lord, thank you for calling me to come to rest in your presence. I'm weary and burdened. Life has beaten me up. Refresh my life. Relieve me of my burdens. I'm here now to humbly learn from you. Teach me how to take on your yoke and carry your burden. Amen

What It Means: ***(What questions speak to your heart?)*** *(Suggested questions for small group discussion are in bold)*

Why is it well worth your time to leave the busyness of life to come to rest in the Lord's presence?

When and where would be a good time and place to set up meetings with the Lord?

What has the Lord gently taught you as you have come to rest in His presence?

How has the Lord relieved you of weariness as you have come to Him?

What burdens would you like to give to the Lord so that you don't have to carry them anymore?

How will humbleness in your heart make you able to receive instruction from the Lord?

What joy have you known as you have allowed yourself to be taught by the Lord?

Living It Out: ***(What action step is God guiding your heart to take?)***

Make it your priority to rest in the Lord's presence so He can refresh your life, relieve your burdens and teach you.

Seeing It Happen: ***(What are you trusting God for in your heart?)***

Have faith that the Lord is calling you to come to Him so He can refresh your life, relieve your burdens and teach you.

Get Ready To Share: ***(What can you share with others from your heart?)***

Share with another person or your small group what the Lord has taught you as you have rested in His presence.

Close With Prayer: ***Quiet Yourself Before The Lord***

Pause And Offer Prayers Of...

With An Attitude Of Faith Listen To What The Lord Wants To Say To You

Adoration... _____

Thanksgiving... _____

Confession... _____

Intercession... _____

Petition... _____

Journal

As You Quiet Yourself Before The Lord

What Do You Want To Say To Me Lord?

What Prayers Are You Praying Today?

Prayer Of Blessing

(What Prayer Of Blessing Can You Pray For Another?)

May you come to rest in the Lord's presence so He can refresh your life, relieve your burdens and teach you.

Prayer To Carry

(What Prayer Would You Like To Carry Throughout Your Day?)

Lord, I will come to you so you can refresh my life, relieve my burdens and teach me as I follow you.

What Do You Want To Remember About Today?

A Question To Ask God

(What Would You Like To Ask God?)

Lord, what do you want to teach me today as I follow you?
