



# Town + Field

CHURCH

Sunday, April 28  
Discussion Questions  
**All Who Are Weary**

The bible honestly confronts the reality of a weary and worn down humanity. A world of emotional scars, mental health, shame, unanswered hopes and pain. In those places, Jesus stands before us and declares, 'Come to me all who are weary'. He offers us more than rest. He offers us restoration.

- Matthew 11:28-30

## REFLECT (10 Minutes)

How would you describe the effect of this week's sermon on you? Was there anything new or interesting that grabbed you from the teaching Sunday?

## DIG DEEPER (20-30 Minutes)

If you had one week of vacation to recharge, where would you go to rest, relax, and get rejuvenated?

What sorts of activities absolutely drain the life out of you?

For better or for worse, what aspects of the Christian life do you find exhausting at times?

What do you think genuine rest actually looks like? What has this looked like for you personally?

Do you think the rest Jesus offers is a new posture or way of being? Or, do you think it has more to do with learning to say no and getting off the hamster wheel?

## RESPOND (10-15 Minutes)

(Invite the Holy Spirit to speak specifically to each person in the group as you read the text.. Read Matthew 11:28-30 in the Message a couple of times.)

*"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."*

What, if anything, from these two verses grab you?

Take a few moments to consider what questions you are holding about the rest Jesus offers. Have each person share their questions with the group.

Are there any shifts you may need to make in your life?

## PRAY (10 Minutes)

Take some time to pray for one another. Pray that God would help us as a community to slow down and learn the unforced rhythms of grace. Pray that we as a community would increasingly learn to live the way of Jesus and more fully partake in the life of God.

## LEADER NOTES

These questions are a guide; feel free to use/exclude ones as people may have already answered the question or talked about the theme OR if your group takes a long time to tackle one particular theme it's ok to skip over questions in the interest of time/focus.