

# “Rest for the Stressed”

Matthew 11:28-30      7/12 2020

## Discussion Questions

Have everyone close their eyes and reflect on the following verse. Have one person in your group read it slowly. Then pause for a minute to mull it over in your mind. Then go around to each member of the group and reflect on what it said to them.

*“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

1. Are you stressed out right now, and if so, by what? There are plenty of things both personally, locally and nationally about which to be stressed.
2. What have you done so far to address and lower your level of stress? Is it working?
3. Have you ever experienced the kind of spiritual distress or weariness Jesus addressed? What was it like and how did you get free of it?
4. Of the things mentioned by the Pastor as ways to de-stress, which one(s) have you found most helpful? .. Which one(s) are new to you? ... Which ones(s) do you intend on implementing?
5. What do you do for fun? Do you tend to be a more serious person or a more jovial person?
6. How do you build celebration into your life? Share some of your best holiday traditions that help you experience inner rest, laughter or joy?
7. Do you tend to be the type of person who tries to do everything on their own or do you tend to surround yourself with friends and family and utilize your relationships to face life?
8. How important is it to tap into social resources to de-stress and face life?
9. How has the pandemic exacerbated people’s stress levels and what can the church do to help release the pressure people are feeling so they don’t explode?