

O God, you have taught us to keep all your commandments by loving you and our neighbor: Grant us the grace of your Holy Spirit, that we may be devoted to you with our whole heart, and united to one another with pure affection; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. *Amen.*

## **LOOK**

How do you rest? Describe a time when you felt rested body, mind and spirit. If you cannot remember a time, share what a restful time would look and feel like for you.

## **BOOK**

[Matthew 11:16-19, 25-30](#)

Jesus said to the crowd, “To what will I compare this generation? It is like children sitting in the marketplaces and calling to one another,

‘We played the flute for you, and you did not dance; we wailed, and you did not mourn.’

For John came neither eating nor drinking, and they say, ‘He has a demon’; the Son of Man came eating and drinking, and they say, ‘Look, a glutton and a drunkard, a friend of tax collectors and sinners!’ Yet wisdom is vindicated by her deeds.”

At that time Jesus said, “I thank you, Father, Lord of heaven and earth, because you have hidden these things from the wise and the intelligent and have revealed them to infants; yes, Father, for such was your gracious will. All things have been handed over to me by my Father; and no one knows the Son except the Father, and no one knows the Father except the Son and anyone to whom the Son chooses to reveal him.

“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.”

- 1) Those who were listening to Jesus would have been familiar with a yoke. Discuss the value and function of a yoke. What would an easy yoke look and feel like?
- 2) How did Jesus rest? How is he offering himself as a model from whom to learn about bearing burdens?
- 3) Consider the role of the disciples and their sacrifices in order to follow Jesus. How was their burden lighter by yoking with him?
- 4) What kind of rest is Jesus offering here?

## **TOOK**

What burdens do you feel you have to bear by yourself? Why?

What is the difference between physical rest and emotional or spiritual rest? How do you tend to your emotional and spiritual rest?

How is rest a spiritual practice?

What prevents you from resting in Jesus? Imagine sharing your burden with him. What would that look like? How would that feel?

Sharing a yoke offers a lighter burden but also implies a connection or commitment of proximity and cooperation. What are the benefits and costs of a commitment to yoke with Jesus?