WOODVALE
PENTECOSTAL CHURCH

Connect Group Sermon Aligned Discussion Guide.

Series Title: HOW TO FIND REST FOR YOUR WEARY SOUL
Key Scripture: Matthew 11:25-30
Recorded Sermon: https://youtu.be/VNUUoGfmztk?si=IC-ruCSdw2y6JuFg&t=2320
Date + Speaker: Pastor Mark Scarr – May 18th, 2025

Starter:
What's your go-to way to relax or recharge when you're feeling drained—physically, emotionally, or spiritually?

Discussion:

1. Jesus promises rest to those who come to Him. What does rest look like to you?

2. Why might some people hesitate to accept Jesus' invitation to come to Him, even when they feel overwhelmed or burdened?

3. What does it mean to "take His yoke"? How does this image of a yoke reflect companionship, trust, and submission to Jesus?

4. How might being yoked with Jesus help someone face their daily pressures or burdens differently?

5. Jesus doesn't promise to remove the work, but He does promise to walk with us through it. How does this change the way someone might approach their responsibilities or stress?

6. Jesus says, "learn from me, for I am gentle and humble in heart." What does this reveal about His character, and how might someone grow by following His example?

7. Jesus describes His yoke as “easy” and His burden as “light.” What might it mean that the weight of life doesn’t always change, but the burden becomes lighter with Jesus?

8. Jesus gives rest to the weary when they come to Him (v.28), but He says they will find rest when they take His yoke and learn from Him (v.29). What is the difference between receiving rest and discovering lasting soul rest?

Reflection:

Surrender it all to Jesus—He never meant for you to carry the weight alone.