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## PRAYER

We thank you, God, that your calling is not burdensome, but that your calling is to yourself. And as we come to you, please give us all that we need to fulfil what you call us to, who you call us with, and where you call us to go. In Jesus' name, Amen.

## WARM UP

(OPTIONAL)

Do you remember a time when you were anticipating a call, a letter, or an email? Who was it from and why were you anticipating it?

## NOTES

## WORD

<sup>25</sup> At that time Jesus declared, "I thank you, Father, Lord of heaven and earth, that you have hidden these things from the wise and understanding and revealed them to little children; <sup>26</sup> yes, Father, for such was your gracious will. <sup>27</sup> 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. <sup>28</sup> Come to me, all who labor and are heavy laden, and I will give you rest. <sup>29</sup> 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. <sup>30</sup> For my yoke is easy, and my burden is light."

[Matthew 11:25-30](#) (ESV)

## GUIDE QUESTIONS

(NUMBERED ACCORDING TO LEVEL OF DEPTH AND READINESS TO SHARE)

1. On a scale of 1-10 (1 = not at all, 10 = very rested), how would you rate your ability to find rest?
2. What are the temptations that you face in your everyday life that cause you to personally wrestle to rest?
3. In his book, Gordon MacDonald talks about being called versus being driven, and he lists the following symptoms for being driven. Do you see any of these in your life?
  - "A driven person is most often gratified only by accomplishment."
  - "A driven person is preoccupied with the symbols of accomplishment."
  - "A driven person is usually caught in the uncontrolled pursuit of expansion."
  - "A driven person tends to have a limited regard for integrity."
  - "A driven person is not likely to bother with the honing of people skills."
  - "A driven person tends to be highly competitive."
  - "A driven person often possesses a volcanic force of anger."
  - "A driven person is usually abnormally busy, averse to play, and usually avoids spiritual worship."

4. According to the scripture above, what does rest for your soul look like when you find it in Christ? Have you found it in your life?
5. Would you like to receive prayer that you would enter into that place of rest by releasing your burdens to God? Would you be open to list your specific burdens that your Life Group or your mentor can pray for you today?

## PRAYER LIST