

Unforced Rhythms of Grace

Small Group Questions



*The following questions are intended to start conversations.
Use only the ones your group finds helpful. Explore others as they come up.*

- Read **Matthew 11:25-30**. What immediately strikes you about this text?
- What does Jesus say about his Father? Do you think these things? How does (or could) this shape the way you live?
- Lectio. Read verse 28-30 slowly and aloud several times, pausing between each reading. Is there a word or phrase that catches your attention in a particular way?
- Jesus' invitation to take his yoke (v. 29) seems to be connected to his deep connection with the Father (vs. 25-26). In other words, to take his yoke means being invited into the intimacy of this relationship. How does this make you feel?
- Read **2 Peter 1:3-4**. What does it mean to "participate in the divine nature?"
- In what way(s) does taking Jesus' yoke provide rest?
- Have you ever been an apprentice? What was that experience like?
- This invitation to learn from Jesus suggests far more than acquiring knowledge. The Greek word for learn (*manthanō*) assumes observing and imitating the way of a master. How does this inform how we follow Jesus? What would this look like in practical terms?
- Notice that Jesus says his yoke easy and his burden light. Has this been your experience of the Christian life? Why or why not?

Matthew 11:28-30 (MSG): "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."