

Jesus, the _____ of Rest

- At the launch of His ministry, Jesus proclaims rest. (Lk. 4:16-30)

"The Spirit of the Lord is upon me, because He has anointed me to proclaim good news to the poor. He has sent me to proclaim liberty to the captives and recovering of sight to the blind, to set at liberty those who are oppressed, to proclaim the year of the Lord's favor . . . Today this Scripture has been fulfilled in your hearing."

- The ministry of Jesus is the bringing of rest.
- Jesus invites us to find our rest in Him (Mt. 11:28-30).
- Jesus is raised from the dead to prove that God's promised rest is really found in Him.

3 Practical Implications

1. Because Jesus has risen, we can experience rest in Him _____.
2. Because Jesus has risen, we long for and look forward to an ultimate rest in Him _____.
3. Because Jesus has risen, we can long for and learn to rest in Him through _____.

Take a NEXT STEP

If you are not a follower of Jesus:

- Read Tim Keller's "Hope in Times of Fear: The Resurrection and the Meaning of Easter."
- Identify your questions / objections and send them to questions@gracecentralcoast.org.

If you are a follower of Jesus:

- Read Mark Buchanan's "The Rest of God"
- Make a plan to practice weekly resting in Jesus.

easter

Resurrection Rest

Matthew 11:28-30

Sunday, April 4, 2021

Come to me, all who labor and are heavy laden, and I will give you rest. 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. For my yoke is easy, and my burden is light.
Matthew 11:28-30

It's been a year like no other in our lifetime. Disruptive and exhausting. On this Easter Sunday 2021, we consider how the resurrection of Jesus means that God's promise of rest is possible now and forever in Jesus!

The Biblical _____ of Rest

The Bible is like an intricately woven tapestry made up of hundreds of different threads (themes) that come together to point to one person. One of those "thread themes" is the theme of REST . . .

- The God who rests.
- Humankind is placed in a garden to enjoy God's rest.
- The loss of rest through sin.
- God enacts a plan to restore rest.
- The promise of rest in a land of rest.
- God gives commands to practice rest.
 - ▶ 1 sabbath day every 7 days.
 - ▶ 6 feasts/festivals throughout every year.
 - ▶ 1 one sabbath year every 7 years.
 - ▶ 1 super sabbath Jubilee year after every 49 years.
- The forsaking of rest.

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Resurrection Rest

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Growth Groups are the glue that holds our church together, the way we find and follow Jesus together. If you are not involved in a Growth Group, now is the time to jump in at gracecentralcoast.org.

This year, our aim is to see our Growth Groups embody our 3-fold identity as followers of Jesus: Family, Servant, and Missionary. To that end, we're framing our Growth Group Interaction Guide to help groups move in that direction.

During the COVID-19 crisis our groups are meeting live and virtually using Zoom and other online platforms.

CONNECT *(ask these questions to check-in with your group)*

Rest is a challenge for many of us. The thing we desperately need, we don't know how to do very well. How have you rested during this COVID pandemic?

DISCUSS *(use some of these questions to process God's Word together)*

1. Read Matthew 11:28-30 together as a group. How did you "come under" God's Word in the text/message this week? What was new, fresh or challenging?
2. Share about the unique challenges of COVID that have contributed to our collective greater exhaustion. During Covid what word would you put in the blank that best describes the fatigue you feel:
"_____ fatigue."

3. "The Bible is a tapestry of themes woven together to tell one unified story that points to Jesus." Is this the way you think about the Bible? How much have you thought about this theme of REST throughout the Bible?
4. Read Luke 4:16-30. What is Jesus saying in this quotation from Isaiah 61. How did the people respond to Jesus? How does this passage help us understand Jesus ministry?
5. In Matthew 11:28-30, where is rest found? How do we get it? Is the finding of rest an event or process? What kind of rest is it? Spend some time exploring together what this rest is actually.
6. What is your NEXT STEP in response to this message?

PRAY *(use these prompts to pray in response to God's Word)*

- Pray for those suffering through this Covid-19 pandemic and pray for it to end soon.
- As a group, spend some time praying out of Matthew 11, coming to Jesus together for rest and asking Him to teach us to rest.
- Share and pray for one another's needs.