

MESSAGE SUMMARY: God wants us to have peace (rest) in the midst of crazy chaos. To say that life is stressful is a tremendous understatement for any of us. We can go through many different emotions but there isn't that restful place of peace. There is a false idea that teaches the absence of problems brings peace. Today, God will bring a deliverance for those who still carry bad baggage of regret, stress and worry.

Rest for the Weary

Matthew 11:28-30

BAGGAGE WE HOLD ON TO:

1. **PAST BAGGAGE: This is called REGRET. "If only..."**
Philippians 3:13; 1 Corinthians 11:1
2. **PRESENT BAGGAGE: This is called STRESS. "If I..."**
1 Peter 5:7; Psalm 55:22
3. **FUTURE BAGGAGE: This is called WORRY. "What if..."**
Matthew 6:33,34; Philippians 4:6,7

GOD'S REST vs. HEAVY LOAD:

Matthew 11:28-30

1. *"Come to Me, all you who labor and are heavy laden and I will give you rest."*

- **Submit to the strategy of God for you.**

2. *"Take My yoke upon you and learn from Me, for I am gentle and lowly in heart."*

- **Discover God's timing for events in your life.**

3. *"You will find rest for your souls."*

- **Refusing to fall to the temptation of distrusting God's involvement.**

4. *"For My yoke is easy and My burden is light."*

- **Appropriate the resources God provides with gratitude.**

LifeGroup Questions:

BEGIN IT (5min) – Time spent in praise and opening prayer.

OPEN IT (10min) – What is the most restful time or place you have ever experienced?

EXPLORE IT (60min) – Read Matthew 11:28-30 and review Sunday's sermon outline together as a group. Stop at each point allowing people to share their additional comments or notes taken while listening to the sermon. Now answer these questions:

1. How does topic of rest interest you?
2. Are you experiencing God's rest?
3. What new insights does this message give you about releasing bad baggage and receiving God's rest?
4. What truths in this message give you security about difficulties?
5. What burden are you baring and ready now to release it?

APPLY IT (15min) – How has this message added to your understanding of God and your relationship? How will you apply this new understanding to your life?