

# Finding Rest, Safety and Peace in a Restless World

## BIG IDEA

I experience Jesus' rest when I choose Him as King and understand His Kingdom.

## SCRIPTURE

Matthew 11:28-30

## OPENER

Where are you weighed down, weary or burdened this week? Our world can certainly push us to our limits, how do you avoid having feelings of anxiety and hopelessness? Discuss.

## QUESTIONS

1. Pastor John shared a story about Shrek, the sheep, who was lost for six years and his shepherd found him dying in a cave with sixty pounds of wool covering his body. The shepherd sheared Shrek and brought him back to life. Using this analogy, what have you carried in your spiritual body that is or has kept you from experiencing the life Jesus has for you? Share.
2. How do you define "inner rest?" Summarize in your own words what you do to experience "inner rest/Jesus' rest?"
3. In Matthew 4:17, Jesus preached "repent for the kingdom of heaven/God is near." What does biblical repentance require? Knowing this, why should you be encouraged?
4. Review Matthew 5:43-45. Since Christian love is an act of the will and not simply an emotion, Jesus has the right to command us to love our enemies. Remember, He loved you when you were his enemy (Romans 5:8). Why is it so important for you to exhibit Christian love to people who are unkind to you? How does Christian love promote the Kingdom, while giving you peace?
5. In his sermon, John urged us to follow Jesus' teaching and make the advancement of God's kingdom on earth our top priority so our needs will be met. Evaluate your priorities and share how the cares of this world interfere with your success at prioritizing Jesus' teachings/precepts.

## TAKEAWAY

1. For every problem I face, the solution is here: “Your Kingdom come, your will be done, on earth as it is in heaven.” Matthew 6:10
2. Make the advance of God’s Kingdom on earth your top priority, and He promises to meet your every need. Matthew 6:33 and 7:7-12
3. When you give to God’s Kingdom work on earth, you store up treasure in heaven. Matthew 6:21
4. God sees what is done in secret for Him, and He will reward it openly when the Kingdom is unveiled. Matthew 6:6, 18
5. Until Jesus returns, He promises to be with us “until the end of the age.” Matthew 16:19 and 28:20
6. This world and its nations are temporary. In the next age, all people will belong to one of two kingdoms: heaven or hell. Matthew 5:22, 30, 34, 35, 45
7. Jesus spoke about Kingdom so much because He is a King. 1 Timothy 1:17
8. The doors to His Kingdom have been opened. Jesus preached, “repent, for the kingdom of heaven is near.” Matthew 4:17
9. Jesus’ miracles were displays of His Kingdom power - demonstrating that He can solve every pain and problem, including the problems of death and sin. Matthew 8, 9
10. When we’re broken by what’s happening in our world, we are ready to inherit the Kingdom of Heaven. Matthew 5

## REFERENCES

Matthew 6:1, 3-4, 17-21, 8 & 9, 25:31-46, 26:64

1 Timothy 1:17

## DIGGING DEEPER

- Matthew 6:33 states: Seek the Kingdom of God above all else, live righteously, and He will give you everything you need (NLT). We live righteously by doing all that Jesus commands (love, mercy, forgiveness, etc.). How do we seek the Kingdom of God above all else?
- Describe the connection between the peace Jesus offers us (John 14:27) and the great commission (Matthew 28:16-20).