

## **YOUTH CONFERENCE 2024 - SATURDAY AM | Eric Miller**

### **Overview:**

Speaker (Eric Miller) walked us through Matthew 11:28-30 and this invitation from Jesus to continue in right relationship with Him by coming to Him and finding rest in Him. Eric shared how many of us live such a busy life. We fit so many things into our “jar” of life. This message is really an invitation to find rest in Jesus and be yoked (connected) to Him rather than trying to carry the burdens all by ourselves.

**Key Scripture:** Matthew 11:28-30

**Ice-breaker Question:** What is one thing you like to do that helps you feel refreshed and recharged when you are feeling overwhelmed or have just had a busy day?

### **Dig Deeper:**

**READ** Matthew 11:28-30

Jesus gives this open invitation to those who are burdened by their own spiritual bankruptcy to come to Him. To those who have been trying to do it all by themselves and yet realize that the burden just keeps getting harder, He wants to be the solution. And so he offers this invitation and this idea of ‘rest’.

- *How do you understand the concept of ‘rest’ that Jesus offers? Do you think it is physical, emotional, spiritual, or a combination?*
- *What burdens do you find yourself carrying most often?*

**In verses 29-30**, Jesus says, “Take my yoke upon you” and introduces us to this idea of being yoked with Jesus. A yoke is a wooden beam that is often used between a pair of oxen to allow them to work together when pulling a load. It brings about teamwork and cooperation between the animals. It also carries the idea of being under submission to something – in other words it has the idea that one would submit to the person or thing.

- *What are things that we often yoke ourselves to? (A: power of sin; a relationship with an unbelieving person or an unhealthy relationship; comparison to others; our jobs/careers)*

## **WE FIND LIFE WHEN WE EMPTY OURSELVES OF US AND FILL OURSELVES WITH JESUS**

- *What practices or habits help you to experience the rest and peace that Jesus describes in these verses?*

Jesus knows what we need and He knows what is best for us. His yoke – submission to Him – gives us peace with God and the peace of God. Remember that our walk with God is a

process, don't expect things to change overnight, but do expect God's yoke to be easy and His burden light when you respond to His message, "Come to me, all you who labor and are heavy laden, and I will give you rest."

**Group Discussion:**

1. In response to Eric's message, what is Jesus inviting you to do?
2. Is it difficult for you to rest? Why or why not?
3. Are the things you are filling your life with, satisfying you? Or do they leave you feeling shaken, unsettled, and overwhelmed?
4. What part of Brittany's story spoke to you the most?
5. What would it mean or what would it look like for your soul to be yoked together to Jesus?