

# “An Alleviating Burden” Group Guide

**Series:** The Easy Yoke

**Passage:** Matthew 11:28-30

**Speaker(s):** Pastor Ryan Lunde

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## ICEBREAKER:

Did you love or hate being assigned a group project in high school/college? Share your best and/or worst experiences.

*An Alleviating Burden*  
Matthew 11:28-30

There are some situations where an extra **weight** is a welcome **relief**.

How is Jesus’s yoke easy and light? → It’s fundamentally more about **what He has done (and is doing) for you**, than what you could ever **do for yourself or for Him**.

How do we learn from His yoke? → By **receiving grace** more deeply and **experiencing the fruit of obedience** more abundantly we are changed to see that **Jesus’ way is better**.

Why are the overworked and overburdened the ones who are invited? → They’re the only ones who **truly comprehend** the invitation.

You scorn help when you have **a swagger**. But you gladly receive it when you have **a limp**.

Are you going to **struggle and suffer** on your own or are you going to **surrender** to the One who has **struggled and suffered** on your behalf?



## **Learning His Way**

*(Every week in these studies, we will ask questions about the Scriptures that try to help us Discover the unique Way of Jesus found in the text.)*

1. Read Matthew 11:28-30 in multiple translations. Now compare to The Message paraphrase. What do you notice?

2. What type of yoke(s) are the listeners in this passage familiar with? How do these compare to the yoke that Jesus offers?

3. What are the rewards for taking the yoke of Jesus?



### **Forming His Heart**

*(This is the part of the study where we work on our hearts. "How does my character need to grow and change because of this passage?")*

4. What aspects of your present life leave you feeling weary or burdened?

5. The learning that Jesus offers is gentle and experiential. Does this differ from the type of learning you are most familiar with?

6. [Gentle and Lowly](#) by Saddleback Worship. Ponder and share what is holding you back from fully accepting the rest offered by Jesus.



### **Joining His Mission**

*(This is the part of the study that we ask, "What would God want us to do because of this passage?")*

7. Did you grow up with religion or relationship? How has this influenced the way you see God?

8. Share what rest for your soul would look like and one practical step you can take towards that rest.

9. Are you currently discipling someone or being discipled by anyone? ([Reach out](#) if we can help you take this as a next step.)