

AstepFURTHER

DIVING DEEPER INTO SUNDAY'S SERMON

A resource of First Presbyterian Church of Fort Lauderdale for individuals, families, and small groups that offers deeper insights into the previous Sunday's scripture text and sermon.

From the Sermon on 7/5/2026 "Finding Rest in Jesus"

Opening Prayer: *"Gracious God, as we open your Word today, we acknowledge that we come to you weary and carrying heavy burdens. Quiet our minds and hearts. Help us to truly hear Jesus' invitation to find rest in him. Reveal to us where we've been carrying weights you never intended us to bear. May we learn what it means to be yoked with Christ and to walk alongside him. In Jesus' name, Amen."*

Scripture: Matthew 11:16-19, 25-30

¹⁶ "But to what will I compare this generation? It is like children sitting in the marketplaces and calling to one another, ¹⁷ 'We played the flute for you, and you did not dance; we wailed, and you did not mourn.' ¹⁸ "For John came neither eating nor drinking, and they say, 'He has a demon'; ¹⁹ the Son of Man came eating and drinking, and they say, 'Look, a glutton and a drunkard, a friend of tax collectors and sinners!' Yet wisdom is vindicated by her deeds."

²⁵ At that time Jesus said, "I thank you, Father, Lord of heaven and earth, because you have hidden these things from the wise and the intelligent and have revealed them to infants; ²⁶ yes, Father, for such was your gracious will. ²⁷ All things have been handed over to me by my Father, and no one knows the Son except the Father, and no one knows the Father except the Son and anyone to whom the Son chooses to reveal him. ²⁸ "Come to me, all you who are weary and are carrying heavy burdens, and I will give you rest. ²⁹ Take my yoke upon you, and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. ³⁰ For my yoke is easy, and my burden is light."

Understanding the Context: (Explore aspects of the passage like place, adjacent scripture, and other elements)

1. What was Jesus addressing in verses 16-19 when He compared people to children in the marketplace?
2. Why does Jesus thank the Father for hiding things from "the wise and intelligent" while revealing them to "infants" (verses 25-26)?

Key Themes: (Finding Rest in Jesus)

3. What does Jesus mean when He says, "my yoke is easy and my burden is light" (verse 30)?
4. How does the sermon distinguish between burdens from Jesus versus burdens from the world, others, or us?

Application and Action:

5. What burdens are you currently carrying that might not actually be yours to bear?
6. The sermon mentions we often think "life will be better when [fill in the blank] happens." What are you waiting for before you believe you can truly rest?
7. What would it look like practically for you to "come to Jesus" with your weariness this week?
8. Jesus invited His disciples to share a meal with Him in His final hours. How can you accept His invitation to "be with Him" and find rest this week?

Group Discussion:

If you are studying with others, discuss your reflections and insights.

1. Share about a time when you felt crushed by trying to meet everyone's expectations. How did that experience affect your relationship with God and others?
2. What does "rest" look like when life doesn't slow down? How can we experience the rest Jesus promises even in busy or difficult seasons?

Closing Prayer:

"Loving Father, thank you for the gift of your Son, Jesus, who walked this earth, experienced exhaustion and disappointment, and still chose to love perfectly. Thank you for inviting us just as we are, with all our weariness and heavy loads, to come to him. Help us to release the burdens that aren't ours to carry. Teach us what it means to be yoked with Christ, to learn from his gentleness and humility, and to trust that his way is truly lighter. May we find the rest our souls desperately need, not by escaping life's responsibilities, but by walking them with you. We surrender our need to please everyone and meet every expectation. Instead, we choose to follow the One who loves us unchangingly. In Jesus' precious name, Amen."

Journal Prompt:

Jesus says, "Take my yoke upon you and learn from me, for I am gentle and humble in heart." Write a letter to Jesus telling Him about the burdens you're carrying right now. Be specific and honest. Then, imagine Him responding to you with gentleness and humility—what would He say to you about each burden? Which ones would He help you carry? Which ones would He ask you to set down? What would He teach you about walking with Him?