

# BLUEPRINT

## LIFE NOTES

Matthew 11:28-30 (Mark 6:30-32; Jer. 6:16) January 28, 2018

### QUESTIONS

1. We pause (both literally and figuratively) from our study in Ephesians to look at a familiar and comforting exhortation from Jesus about rest. This word is full of meaning throughout the Scriptures and has many layers. Where do we find the first time rest is spoken of, and then how is it used on a regular basis for the Israelites? Why did God provide this rest and is it something you practice regularly?
2. Jesus invited his fellow Jews to take on His yoke. James B. Shelton reminds us that “the yoke was a rabbinic symbol for the law of Moses” (p. 190 LSNTC). In context (cf. chapter 12:1-14) Jesus was asking people to be yoked with Him and not the Mosaic Law. What does trusting in Jesus do that the law couldn’t do according to Romans 8:1-4?
3. Jesus said that taking on His yoke means to learn from Him. Amongst other things, what two specific things does Jesus describe about Himself that we are to emulate (v. 29)? How is this related to Matthew 5:3-5? If we are to be like Jesus, then how do we live out these values towards others?
4. We live in an increasingly busy and burdensome world where rest is hard to find. What is different about the rest that Christ offers and the R and R (rest and relaxation) that the world clamors for? What three things would you like to happen in your life this coming week to find true rest in Christ?

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