

Sermon Discussion Questions for July 26, 2020

1. When is the last time you felt fully “rested”?
2. Which is harder for you to experience: rest for your body or rest for your soul?
3. How do you define “rest for your soul”?
4. What helps you experience that kind of rest? What deprives you of it?
5. Read Matthew 11:28-30: Which part of Jesus’ invitation most resonates with you?
6. Choose just one phrase of that passage (listed above) to memorize. Repeat it as a “breath prayer” throughout the day as a way to remind yourself of Jesus’ invitation to you.
7. What was most meaningful or challenging to you about the sermon?