



## **Give Pause, Find Rest**

Date : 10/1/2023

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

# LECTIO DIVINA/ STUDY GUIDE

## Reading & Prayer

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### **Matthew 11:28-30**

**28 Come to Me, all who are weary and heavy-laden,  
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.”**

### **1 Peter 5:6-7**

**6 Humble yourselves, therefore, under God's mighty  
hand, that he may lift you up in due time.**

**7 Cast all your anxiety on him because he cares for  
you.**



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### start reading. read together the main scripture for this study

#### reading #1 - ACTS 12:1-11, 16:22-30

In reading these verses of scripture, what would you circle, highlight, or underline as important to know or understand? Is there anything you noticed for the first time?

**What do you hear or learn from Jesus in these Scriptures?**

**Is there one word or phrase the Holy Spirit impresses upon you? Meditate on that.**

### start thinking. ask a thoughtful question

**What do you remember about the first time you comprehended and responded to Jesus' invitation to come to Him?**

**What is Jesus' yoke? What makes it "easy"? Compared to what?**

### start sharing. engage it with your story

In what ways have you experienced a "religious system" that wears people out?

What are the daily burdens that bring the most weariness to yourself (soul)?

In what ways, or when, have you experienced genuine rest of your life (soul)? What would you attribute this?

### start practicing. commit to a next step and live it out this week

#### SITTING ON THE DOCK WITH JESUS EXERCISE

### start praying. be bold and pray with power

Father, I want to trade all my burdens - all my man-made rules and self-imposed religious obligations - for the true rest that You promised. Thank you for the constant invitation to come to you. Grant me the wisdom and courage to live as you intended so that I might attract others to you and not repel them.

*\*\*From Max Lucado's Life Lessons from Matthew*