

Rest for your Souls

Matthew 11:28-30

Exodus 20:8-11

Mark 6:31 & Matthew 11:28

For the coming week:

To help encourage you to make the lesson personal, take time during the coming week to do one of the following:

- **Read Matthew 11:25-30** *Is Jesus' yoke resting lightly on you? Or are you trying to avoid Him? Are you trying to get out from under His yoke? Why? How should accepting Jesus' work lead to rest?*
- **Pray** for someone who doesn't know about the rest & reward that Jesus offers. Pray for an opportunity to encourage someone burdened by busyness & fatigue.
- **Act** by taking time this week usually given to media & entertainment & giving it to prayer, to a face-to-face conversation, or to being out in nature.