

A simple promise can relieve a complex burden

There is a difference between Resting, Relaxing, and Recharging [show the R's]

Teachable Heart is the desire to learn multiplied by the willingness to change

Discipleship is listening to information, imitating those who follow Christ and innovation by the power of the Holy Spirit in your life.

What do you need to drop?

What do you need to grab?

**[READ Matthew 11:28-30]**

**[Sermon Summary]**

This invitation to come and get alone with the creator of life, is so we can have life, and more life. The invitation is to walk with Jesus, work with Him, and watch Him work in and through your life. We are all looking for rest in our soul, and that only happens with hope in your heart. We can learn what true rest is from those who we live in Christ Centered Community with. We hear from God, imitate those living this out until the Spirit grabs hold of our life and lives His life through us.

***Discussion Starters:***

[The discussion starters are designed to help each other apply God's Word to our week. The idea is to help others continually take steps of obedience to God's voice in our lives.]

What did God speak to you personally through the message this weekend? What is rest to you? Remember, there is a difference between resting, relaxing, and recharging. Biblical rest includes sabbath, and worship of God. How do you personally do this? How are you leading others into this? What are the secret sins in your soul that you must drop? What other burdens is God compelling you to drop this year? What habits or margin do you need to pick up in 2019? What does this specifically look like this week?