

Reflection Questions: Matthew 11:28-30

For the message, "How the Gospel Helps Us Unplug and Rest" given by Pastor John Ferguson at Mercy Hill Church in Bryan/College Station, Texas, on July 22, 2018

These reflection questions are designed to help you apply the message from the Scriptures by helping you think through application to your personal life, your church life, and your city's life. You can use these by yourself for reflection, or with your family or small group for discussion. To review the message, go to MercyHillBCS.org/resources/messages.

INTRODUCTION

Pray. Take a moment to pray asking God to guide you in reflecting upon the Scripture text.

Read the Scripture text: Matthew 11:28-30

A summary of the message: The work under all of our work is the need to prove ourselves, to justify our existence to ourselves and others. Living a life disconnected from God or even living with God on the sidelines of our lives leaves us with a desperation that causes us to look to the work of our hands and the fruit of our minds—the things we do—to give us a sense of meaning, purpose, significance, rest of soul. Biblically, we're trying to chase down salvation, but this rest of soul comes only as a gift from Jesus who invites us to "Come to me, and I will give you rest."

Key Quotes:

- Tim Keller, "All of us are haunted by the work under the work—the need to prove and save ourselves, to gain a sense of worth and identity."
- Madonna. "My drive in life is from this horrible fear of being mediocre. And that's always pushing me, pushing me. Because even though I've become Somebody, I still have to prove I'm Somebody. My struggle has never ended and it probably never will."
- Knox Chamblin, "Jesus is the only one who can rule you without ruining you."
- Augustine, "You have made us for Yourself, and our hearts are restless until they find their rest in you."
- Horatius Bonar: "The gospel does not command us to do anything in order to obtain life, but bids us live by that which another has done; and the knowledge of its life-giving truth is not labour but rest—rest of soul—rest which is the root of all true labour; for in receiving Christ we do not work in order to rest, but we rest in order to work."

Bottom Line:

- Only Jesus offers you the rest that you so desperately long for. It is rest from the work under your work.
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Let's get started...

QUESTIONS

1. Let's think about how this text applies to our lives as individuals.

- Tim Keller writes, "All of us are haunted by the work under the work—the need to prove and save ourselves, to gain a sense of worth and identity." Do you find this to be a helpful description of what drives so many of us? Why or why not?
- What do these words of Jesus, "Come to me, all who are weary and heavy laden, and I will give you rest," teach you about human nature? About Jesus and the nature of his salvation?

- How would your life look differently if I were to really live out the message of this text? That is, if you really believed you didn't have to ultimately justify yourself / your existence by the work of your hands?
- When I forget this that my worth (& therefore rest for my soul) comes from what Jesus did for me, how does it affect me and all my relationships?

2. Let's think about how this text applies to us as a community of Jesus' followers.

- What kind of lifestyle / character is this passage inviting me to embody in Bryan / College Station?
- What kind of community is this text calling us to become for the sake of the world? In other words, how would embracing what Jesus says in this text make us different kinds of humans as we apprentice with Jesus in living life in our city?

3. Let's think about how this text applies to our city.

- What questions do you think people in our city would ask of this passage?
- How does this text challenge the thinking of our city? How does this text critique our city's way of life? It's idols?
- How does this text serve as Good News for those outside the faith?

CONCLUSION QUESTION

What is the one thing you want to take away from this study to remember or to make a change in your life?

PRAYER

What are some ways you can turn what you are learning into prayer? List them as bullet points....

- Father, I'm glad that _____
- Jesus, thank you for _____
- Holy Spirit, help me to _____
- _____