

COME, BE TRANSFORMED

LIFE GROUP LEADER GUIDE

Sermon Date: Sunday, September 14, 2025

Sermon Passage: Matthew 11:28-30

Pastor Justin Lett

FACILITATING COMMUNITY

At New Hope Hermitage, we strive for people to come to Jesus, become more like Jesus, and be who Jesus intended them to be. While biblical worship and teaching are of the utmost importance, we know that biblical community is where life transformation occurs mostly. A true community isn't just a place to talk about faith—it's a place to live it out together as we seek for Hermitage to look more like Heaven.

As a leader, your role is to model care and consistency and facilitate discussion. You don't need to be perfect; you just need to be present and willing to go first to build something deeper.

What patterns should I incorporate into my life to help foster a sense of community?

- **Pray.** Pray for the Spirit to move during your group time and in the lives of the people in your group.
- **Prepare.** Listen to the sermon and allow the Spirit to work in and through you. Afterward, take the time to answer the five questions on your own.
- **Presence.** Reach out with a quick text or call to check on someone or their family. Acknowledge important events such as birthdays, anniversaries, new jobs, or answered prayers. Even a group text or card can make a significant impact.
- **Pursue.** Most importantly, walk with Jesus. Nothing can replace your personal relationship with Him.

One idea for this week...

- Who can you share the Gospel with this week?

Colossians 2:6-7 (NIV), "So then, just as you received Christ Jesus as Lord, continue to live your lives in him, rooted and built up in him, strengthened in the faith as you were taught, and overflowing with thankfulness."

LEADER GUIDE

This Week's Main Takeaway

Church, we are not called to stay the same. We are called to be transformed and become like Christ—to think, walk, and live like Him. We do this not just for ourselves, but so the Gospel can transform our lives, church, community, and the world.

This Week's Memory Verse

Matthew 11:28-30 (NIV), “(28) Come to me, all you who are weary and burdened, 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.”

Five Inductive Questions

1. GOD :: What does this passage imply about *God*?

Come to Jesus (Matthew 11:28a).

The invitation in Matthew 11:28a is to come and believe (Acts 16:31) and receive (John 1:12) and accept the gift of eternal life through Jesus Christ (Romans 6:23). This is only offered in the person and work of Jesus Christ (“to Me”) in and through the finished work of His death, burial, and resurrection (John 11:25-26). Salvation is in a Person and not a place or anything man-made. The Psalmist David says in Psalm 20:7 that, “Some trust in chariots and some in horses, but we trust in the name of the Lord our God.”

How is Jesus's invitation to come to Him different from any other invitation we will receive or pursue?

2. MAN :: What does this passage imply about *man*?

We are burdened by the weight of sin (Matthew 11:28b).

Satan is the author of lies and deceit. This produces “weary and burdened” people who are burdened by the weight of sin, lost and in need of a Savior. We must first admit we are lost and need to be found. Faith in Jesus is the remedy to this sin problem. At this time, Jesus was speaking to people who were opposed and burdened by the legalism imposed on people by the Scribes and Pharisees. Religion and a relationship with Jesus are two very different things that produce very different results. The answer is not to try harder, but to find rest in Him.

How does “trying harder” lead to feeling more burdened? How is following Jesus different?

3. PROMISE :: Is there a *promise* to claim in this passage?

You will find rest in Him (Matthew 11:29b).

In this passage, Jesus promises the gift of rest, which is unearned and unmerited. This gift not only gives us our new, unchanging status with God (forgiven and made new in Him), but it also affects our daily lives. We can walk in this new freedom in Him.

How does “rest in Jesus” affect our daily lives?

4. COMMAND :: Is there a *command* to obey in this passage?

We are to submit to His will for our lives (Matthew 11:29-20).

In this passage, Jesus tells us to “take My (His) yoke upon us.” While at first glance a yoke may seem to be a negative thing (in this day, it was a heavy wooden frame that joined two animals together), Jesus’s “yoke of discipleship” brought about rest with commitment to Him. We, as the Church, are not called to stay the same. We are called to be transformed and become like Christ—to think, walk, and live like Him. When Jesus says, “learn from Me,” this means we are to submit to His lordship in every area of our lives (ESV Study Bible Notes).

5. REPENT :: Reflecting on this portion of God’s Word, what can I *repent* of this week?

We come to Jesus and find rest for our souls, not just for ourselves, but so the Gospel can transform our lives, church, community, and the world. This passage ends with the words, “For my yoke is easy and my burden is light” (Matthew 11:30). One commentator says it this way: “This does not mean that there are no problems, trials, labor, or heartaches in the Christian life. But it does mean that we do not have to bear them alone. We are yoked with One who gives sufficient grace for every time of need. To serve Him is not bondage but perfect freedom” (BBC).

This week, consider *who* you are going to be sustained, and if you have allowed the Spirit of God to transform you. Why is this important? Because you need it, and the world around you needs it.

“...in Hermitage as it is in Heaven...”