

# *Going Deeper*

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## **Study Guide For Adults**

for use by individuals  
and/or small groups

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*Week Following*  
**March 2nd, 2025**

# Jesus, Our Gentle Savior

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## Start Here:

Begin by thanking God for His church and ask for guidance in your discussion.

## Dig Into The Word:

- Matthew 11:25-30 (main passage for the sermon)
- 1 Corinthians 1:27-31; Proverbs 26:12; Romans 9:15-16; Revelation 3:20; Mark 8:34; John 7:17; 1 Peter 2:22-24; Deuteronomy 6:5-6

## Key Takeaway:

1. Jesus reveals the Father to those who are humble and know they need a Savior.
2. God's sovereignty and human free will coexist, even if we can't fully understand how.
3. Jesus invites the weary and burdened to come to Him for rest.
4. Jesus describes Himself as gentle and lowly in heart.
5. The invitation to come to Jesus is ongoing for believers.

## Reflection/Discussion Questions:

1. The sermon mentions that pride keeps people out of the kingdom of God. How have you seen pride impact your own spiritual journey or the journeys of others?
2. How do you personally reconcile the ideas of God's sovereignty and human free will? What challenges does this present in your faith?
3. Jesus invites those who are "weary and heavy laden" to come to Him. What burdens are you carrying right now that you need to bring to Jesus?
4. On Sunday, we emphasized that Jesus describes Himself as "gentle and lowly in heart." How does this description of Jesus impact your view of Him and your relationship with Him?
5. Discuss the concept of Jesus' yoke being "easy" and His burden being "light." How have you experienced this in your own walk with Christ?
6. The sermon states that Jesus is both stronger and more tender than we are. How does this paradox encourage you in your faith?

## **Practical Applications:**

1. **Daily Practice:** Set aside time each day this week to intentionally "come to Jesus" through prayer, Scripture reading, or quiet reflection.
2. **Burden Exchange:** Write down a burden you're carrying on a piece of paper. Pray over it, symbolically giving it to Jesus, then destroy the paper as a reminder that He carries your burdens.
3. **Gentleness Challenge:** Reflect on how you can demonstrate Christ-like gentleness in your interactions this week, especially in challenging situations.
4. **Rest Inventory:** Make a list of activities or practices that bring you true rest in Christ. Commit to incorporating one or two of these into your routine this week.
5. **Invitation Sharing:** Think of someone in your life who seems weary or burdened. How can you share Jesus' invitation to rest with them this week?
6. **Heart Reflection:** Spend time meditating on Jesus' description of His heart as "gentle and lowly." How does this change your approach to Him in prayer and daily life?

## **Closing Prayer:**

Lord Jesus, thank you for your gentle and lowly heart. Help us to continually come to you with our burdens and find rest in your presence. May we learn to walk in your easy yoke and light burden, trusting in your sovereign grace. Give us the humility to receive your revelation and the courage to share your invitation with others. In Your name we pray, Amen.

## **Scripture for Further Study:**

- **God's sovereignty:** Proverbs 21:1
- **Trinity:** Matthew 28:19 and 2 Corinthians 13:14
- **Predestination:** Romans 8:29-30
- **Gentleness of Christ:** 2 Corinthians 10:1
- **Humility:** James 4:6, 1 Peter 5:5
- **Invitation to salvation:** John 3:16, Acts 16:31
- **Christ's sinlessness:** Hebrews 4:15

# *Kids & Families*

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## **Going Deeper Study Guide**

for use by kids and/or  
in family worship

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*Week Following*  
**March 2nd, 2025**

*Kids (5th Grade Down)*

## **Come to Me: Discovering Rest in Jesus**

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**Sermon Recap:** On Sunday, we talked about how Jesus invites everyone to come to Him, especially those who are tired and need rest. Imagine Jesus giving everyone in your class a special invitation, but only some open it and find out how amazing it is. Jesus says He's gentle and wants to help us when we're feeling tired or if things are difficult. His invitation is for us to come to Him and find rest. We can think of Jesus as a big brother who helps us with our heavy backpacks, making them light and easy to carry.

### **Scriptures To Read Together:**

1. **Matthew 11:25-30** (primary passage for sermon)
2. **1 Corinthians 1:27** - "But God chose what is foolish in the world to shame the wise; God chose what is weak in the world to shame the strong"
3. **Proverbs 26:12** - "Do you see a man who is wise in his own eyes? There is more hope for a fool than for him."

### **Discussion Questions:**

- What does it mean to be tired or have a heavy burden in this life?
- How does Jesus help us with our burdens?
- What can you do when you feel tired or worried?
- How does it feel to know that Jesus is gentle and wants to help you?
- Why is it important to come to Jesus with your troubles?

**Activity: Invitation Creation Craft**

-Materials Needed: craft supplies like paper, markers, stickers, glitter, etc.

-Instructions:

1. Create your own special invitations to remind the family about Jesus' invitation to rest. Each family member can make an invitation card that says, "Come to Jesus for Rest!" Decorate them with drawings of clouds, hearts, or anything that represents rest and comfort. Once completed, hang these invitations in a place where everyone can see them daily, like the family room or kitchen, as a reminder of Jesus' gentle and loving invitation.

*(As you work on your invitations, discuss how accepting Jesus' invitation makes your daily life better and how you can help each other remember to go to Him when life feels heavy.)*

**Prayer:**

Dear Jesus, thank You for being so gentle and loving. Thank You for inviting us to come to You when we are tired or when things feel too hard. Help us to remember to give our worries to You and find rest in Your love. Teach us to be more like You and to help others with their burdens too. We love You, Jesus. Amen.

**Family Challenge for the Week:**

Choose a "Rest Time" each day where everyone stops what they are doing for a few minutes to relax together with Jesus. This could be reading a Bible story, saying a quick prayer, or enjoying some quiet time together. Feel free to be creative, and remember it's about feeling close to Jesus.

# *Youth Group*

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## **Going Deeper Study Guide**

for use by middle school  
or high school youth

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*Week Following*  
**March 2nd, 2025**

*Youth Group*

## **Understanding Jesus' Invitation to Rest**

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**Sermon Recap:** On Sunday, we learned that Jesus extends an open invitation to everyone. However, not everyone accepts or even recognizes this invite into the Kingdom of God. Jesus teaches that the invitation is genuinely received only by those who admit their weariness and need for a Savior. His heart is described as gentle and lowly, making Him approachable for all of us. Jesus offers rest to those who come to Him, inviting us to partner with Him and learn from Him, promising that His yoke is easy and His burden is light.

**Key Scriptures:**

- **Matthew 11:25-30** (primary passage for sermon)
- 1 Corinthians 1:27-31
- Proverbs 26:12
- Romans 9:15-16
- 1 Peter 2:22-24

**Discussion Questions:**

- What does it mean to have a "gentle and lowly" heart like Jesus?
- How can recognizing our need for rest lead us to rely more on Jesus?
- In what ways might pride keep someone from accepting Jesus' invitation?
- How can we learn to trust in God's sovereignty while also taking responsibility for our own choices?
- What are some practical ways you can "come to Jesus" in your daily life?

## **Journaling Activity:**

Materials Needed: Your Journal

Write (spend some time journaling about the following):

- Reflect on a time when you felt weary or overwhelmed. How might have turning to Jesus changed that situation?
- Write a letter to Jesus expressing your burdens and asking for His help and rest.
- Then, write about how it feels to know that Jesus invites you to come to Him just as you are.

## **Prayer:**

Dear Jesus, thank You for Your open invitation that calls us to find rest in You. Help us to recognize our need for Your presence every day, admitting when we are weary and need Your gentle and loving guidance. Teach us to rely on Your strength and to follow Your path, knowing that Your yoke is easy and Your burden is light. Be with us as we learn to trust in Your love and grace. In Your name we pray, Amen.

## **Scripture for Further Study:**

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