



THE RESTFUL YOKE

MATTHEW 11:25-30

I. The rest Jesus provides cannot be self-taught or _____.

At that time Jesus declared, "I thank you, Father, Lord of heaven and earth, that you have hidden these things from the wise and understanding and revealed them to little children; yes, Father, for such was your gracious will." vv. 25-26

II. The rest Jesus provides is _____ to Him alone.

"All things have been handed over to me by my Father, and no one knows the Son except the Father, and no one knows the Father except the Son and anyone to whom the Son chooses to reveal him." v. 27

III. The rest Jesus provides is given _____ to any who come to Him.

"Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light." vv. 28-30

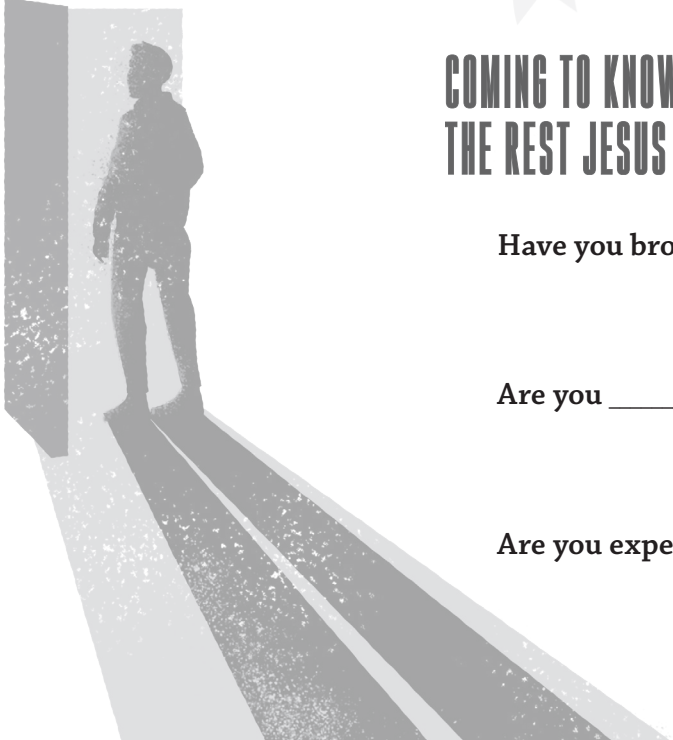
STANDING UP
GOD'S HEART OF CONVICTION

COMING TO KNOW THE REST JESUS PROVIDES

Have you brought your _____ to Christ?

Are you _____ your life with Christ?

Are you experiencing the _____ that He alone gives?



1. Have you ever been on a vacation when you came back truly refreshed? If not, where would you be able to find ultimate relaxation and rejuvenation?

COMING UP AT CHRIST CHAPEL

Here's a glimpse at what you need to know for this week at Christ Chapel. If you'd like to find out even more, visit www.ccbcfamily.org/events. That's a great spot to see what's coming up!

I'M NOT ANGRY, I'M JUST ... Have you ever said, "I'm not angry, I'm just ... irritated ... tired of this ... having a hard time letting this go ... discouraged ..." How do you end that sentence? The presence of anger is deceptive but very real. When it's not dealt with, it's destructive. Join Ryan McCarthy in our Soul Care ministry starting Sunday, June 12 at 9 a.m. to discover the biblical truths that can set you free from the grip of anger. Register at ccbcfamily.org/events.

CENTER OF HOPE SERVE DAY Come serve with your Christ Chapel family at the Parker County Center of Hope! This summer we're making and serving meals, so whether you'd like to prepare a meal at home or just want to come up and serve, we'd love to have you join us in this church-wide ministry opportunity. June dates are now open for sign-ups. Text your Home Group, invite a few friends or sign up on your own—and let's get to serving!

VOLUNTEER WITH KIDS MINISTRY Are you looking for a place to serve this summer? Our Kids Ministry is an incredible place to grow in your own faith and pour into the lives of the next generation. You will see firsthand the gospel take shape and root in the hearts of every child that walks through our doors. You won't want to miss what God is going to do this summer! To learn more, email childrens@christchapelbc.org.

WOMEN IN THE WORD: HEART OF THE HOME Some might say the kitchen, the family room or the back porch is the heart of the home. But who is the heart of the home? This summer we'll enter five homes Jesus visits and watch what happens when He is the heart in each one. Join Women in the Word this summer and be inspired to welcome Jesus as the heart of your own home. Join us Thursdays at 7 p.m. in the Oak Room. Register at ccbcfamily.org/events.

BAND OF BROTHERS: LIFE AND GODLINESS Band of Brothers is a time for men of all ages to come together to study God's Word. This summer we take a step into 2 Peter. Decisions are at every turn, but so are the lies that distract us from our purpose. Discover how a man of God stays faithful in the face of falsehood. Join us on Thursdays at either 6:30 a.m. or 7 p.m., or Sundays at 7 p.m. Learn more and register today at ccbcfamily.org/events.

LOOKING FOR THE CONNECT CARD? Scan the QR code here to fill out a Connect Card. Our team will reach out this week to answer your questions and tell you more about Christ Chapel.

IF YOU'D LIKE TO GIVE AN OFFERING TODAY, YOU CAN DO SO STRAIGHT FROM YOUR PHONE. The process is quick and easy—text CCBCFW to 833-422-7200 to get started.

GET UPDATES AND ENCOURAGEMENT FOR YOUR WEEK. Throughout the week, we like to post updates, events and encouragement on our Facebook and Instagram accounts. They're online communities we love and think you will too! Search @christchapelbiblechurch to find us and follow along.

FOR THIS WEEK

SCRIPTURE MEMORY VERSE:

MATTHEW 11:28

"Come to me, all who labor and are heavy laden, and I will give you rest."

JOURNAL:

Matthew 11:25-32

"Jesus does not release His disciples from burdens, just as He did not escape the burdens of human life in His Incarnation. Illness and calamity and tragedy remain a part of this fallen world until the final renewal, but for those in the kingdom of heaven there is a promise of Jesus' sustaining help as we carry His yoke of discipleship. ... His Spirit provides the same strength to carry the load that Jesus himself relied upon to carry His own load of redemptive service to humanity."

MICHAEL J. WILKINS

2. Read Matthew 11:25-30. After Jesus spoke to the crowd and issued judgment on the unrepentant cities, He thanked His heavenly Father for revealing the truth about Him to little children. Why does God *not* reveal the truth to the wise and learned? What does this mean for the Christian?

3. Where do you tend to look for rest, other than in Jesus? What result have you found in seeking the wrong types of rest, and what has it taught you about the character of God?

4. Read the quote on the left. Christ's yoke offers something revolutionary: *grace*. The finished work of Christ on the cross means no more debt to sin and guilt, no more threat of eternal damnation, no more fretting over whether one pleases God. He will never oppress us or give us a burden too heavy to carry. How do you know when you have taken on a burden that is not from the Lord? How can you respond when that happens?

5. How have you found verses 28-30 to be true in your own life? How can your experience help others who seek rest in their struggles? In what area do you need to rest in God's grace?

JOURNAL Matthew 11:25-30

Meditate on Psalm 131.

In what area of your life would you say you're not content?

Ask the Lord to show you what contentment from Him looks like, and for Him to give you a desire to seek only the rest and renewal He provides.