

Adult Impact Study Sheet

July 16, 2023

If possible, read **Matthew 11:28-30** from several translations.
For additional insight go to www.studylight.org and www.gotquestions.org.

1. We see three commands/invitations from Jesus in this passage: “Come (lit., “Come now!”) to Me,” “Take My yoke,” and “Learn from Me.” What does “come to Jesus” involve?

His invitation was to those who were ‘weary and heavily laden.’ What might that have looked like for His listeners in that day?

What does it look like for believers in our day?

2. A relationship with God changes meaningless, wearisome toil into spiritual productivity and purpose.¹ Discuss what that means.
3. Jesus’ form of **rest** is not absence of work but rejuvenation and refreshment.² Discuss what that means.
4. Discuss the purpose of a yoke.
5. When Jesus said, “Take My yoke upon you,” He may have been making a contrast to a yoke the people were already bearing. What would that have been? (See Matthew 23:4)

Often when a farmer has two oxen or horses in a double yoke, one of the animals is experienced and the other is learning. Consider that in light of Jesus’ invitation, “Take My yoke upon you and learn from Me.”

6. In Jesus’ day, taking the yoke of another meant coming under that person’s leadership and walking in that person’s footsteps (Philippians 2:5; 1 Peter 2:21; 1 John 2:6).³ Talk about that in regard to our taking Jesus’ yoke on us.
7. Discuss Jesus describing Himself as gentle and humble. What does that mean for us?

¹ The Life Application Study Bible, 1556

² The Jeremiah Study Bible, 1300

³ Ibid. p. 1300