



EVERYONE'S invited

 NEW LIFE CHRISTIAN CENTER
February 8, 2026

TO REST
Pastor David Larson | Turlock
Pastor Jeremy Moore | Patterson

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." Matthew 11:28-30 (ESV)

1. I don't have to _____ this _____.

"What you are doing is not good. You and the people with you will certainly wear yourselves out, for the thing is too heavy for you. You are not able to do it alone. Exodus 18:17b-18 (ESV)

2. I can trade my _____ for His.

3. I can live _____ rest, not _____ rest.

After telling everyone good-bye, he went up into the hills by himself to pray. Mark 6:46 (NLT)

As soon as Jesus heard the news, he left in a boat to a remote area to be alone. Matthew 14:13 (NLT)

But Jesus often withdrew to the wilderness for prayer. Luke 5:16 (NLT)

He MAKES me lie down in green pastures. Psalm 23:2 (ESV)

Challenge Questions:

1) What am I carrying right now?

2) Did Jesus ask me to carry this?

3) What would it look like to come to Jesus in this moment?



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1. I don't have to CARRY this ALONE.

"What you are doing is not good. You and the people with you will certainly wear yourselves out, for the thing is too heavy for you. You are not able to do it alone. Exodus 18:17b-18 (ESV)

2. I can trade my BURDEN for His.

3. I can live FROM rest, not FOR rest.

After telling everyone good-bye, he went up into the hills by himself to pray. Mark 6:46 (NLT)

As soon as Jesus heard the news, he left in a boat to a remote area to be alone. Matthew 14:13 (NLT)

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DISCUSSION QUESTIONS

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CONNECT

Have you ever been so tired and exhausted you felt as if your body or mind was about to shut down? Share your experience with the group...

ENGAGE

What stood out to you the most regarding Jesus' invitation for us to come to Him for rest?

GROW

What are some of the signs that tell you you're not just busy—but burdened?

The message said, "I don't have to carry this alone." What is something you've been carrying by yourself that you were never meant to?

Jesus talks about taking His yoke instead of ours. What "yokes" do people commonly carry today that weigh them down?

The message said, "Jesus offers rest as a way to walk through life, not a reward at the end of it." How does that change how you view rest?

What does “living from rest, not for rest” look like in a normal week for you?

What is one specific burden you can intentionally release to Jesus this week, and how can this group support you in that?

CHALLENGE:

This week, when you feel overwhelmed, stop and ask yourself these three questions:

- 1) What am I carrying right now? (Pressure / fear / guilt / control / people-pleasing / anxiety / responsibility / disappointment)
- 2) Did Jesus ask me to carry this?
- 3) What would it look like to come to Jesus in this moment? Not later. Not when the day is over. Right now. Maybe it looks like a simple breath prayer: Inhale... then exhale.

“Jesus, I’m coming to You.”

"Jesus, give me rest."

“Jesus, help me release this.”

“Jesus, I take Your yoke.”