



## Study Guide

### The Savior's Heart

Week 1: 2/25/24

Matthew 11:28-30

#### Announcements

**Heart & Soul: Sunday, March 3.** We encourage anyone who has not attended Heart and Soul class to register to attend and learn more about what Lake Springs believes and teaches.

**Parents Night Out: March 9.** Parents Night Out is open to families at Lake Springs, where the kids can be dropped off for a fun evening!

#### Icebreaker

What motivates you to get out of bed in the morning? Coffee, internal clock, first alarm, fourth alarm, etc.

#### Introduction

In our busy lives, we all have different motivations that drive us to get up in the morning. Today, we're going to explore the motivations of Jesus Christ and understand what drives Him. We'll be looking at Matthew 11:28-30 to gain insight into the heart of our Savior.

#### Read: Matthew 11:28-30

Jesus is teaching about his own heart and the motivations behind what he does. In these verses, Jesus describes himself in a way that is completely opposite of what people would expect from a Messiah and coming King.

**Discussion:**

Jesus starts by addressing those that are “weary and burdened”. In what areas of your life do you currently feel weary and burdened?

Jesus invites those that are weary and burdened to come to him and receive rest. In what areas of your life do you struggle to accept Jesus’ invitation to rest?

Jesus continues to say that he is gentle and lowly in heart.

**Jesus is Gentle**

**Read:** Matthew 5:5

Instead of pointing fingers, Jesus has open arms. On Sunday, David used the example of seeing Terminator 2 with his father and how it was revealed that the Terminator was a robot with skin on. Similarly, Jesus is love with skin on. His deepest desire is to heal, restore, and give life.

When you think of someone in your life who is gentle and has open arms rather than pointing fingers, who comes to mind? How does this description of Jesus compare/contrast with what you believed about Jesus growing up?

**Jesus is Lowly**

**Read:** James 4:6

Unlike famous or powerful people, those that are humble and lowly are accessible. Jesus is not only accessible to all, but he encourages all to come to him, especially those that are humble and lowly. There is nobody in human history more accessible than Jesus. We often think that the burden we’re carrying disqualifies us from coming to Jesus, but our burden is what actually qualifies us to come to Jesus. What in your life has made you feel unqualified to come to Jesus?

Jesus finished this statement by saying that his yoke is easy and his burden is light. This does not mean that a life following Jesus is free from

any difficulty or hardship. Rather, it means that his yoke is one of kindness. It is more of a non-yoke that allows us to rest in him. What is a practical way that you can rest in Jesus this week?

In what ways can we specifically pray for each other's burdens? Take time in prayer to pray for these burdens mentioned specifically. Pray that we can find rest in Jesus' loving kindness.