



Prayer-filled life.

Discovering ways to keep the heart and mind focused on God and find rest in him.

READ

Read the passage several times through, read it slowly, use your imagination to picture the scene and soak it up. As you read, look out for one or two points that really impact you.

We call these 'shockers' and 'blockers'. Shockers - something from the text that stands out or surprises you. Blockers - something that raises questions or you find hard to understand.



Matthew 11. 25-30 Come to me and rest

²⁵ At that moment Jesus said: My Father, Lord of heaven and earth, I am grateful that you hid all this from wise and educated people and showed it to

ordinary people. ²⁶ Yes, Father, that is what pleased you.

²⁷ My Father has given me everything, and he is the only one who knows the Son. The only one who truly knows the Father is the Son. But the Son wants to tell others about the Father, so that they can know him too.

²⁸ If you are tired from carrying heavy burdens, come to me and I will give you rest. ²⁹ Take the yoke I give you. Put it on your shoulders and learn from me. I am gentle and humble, and you will find rest. ³⁰ This yoke is easy to bear, and this burden is light.

Contemporary English Verse - CEV

REFLECT

Take time to discuss what you've read and particularly the points that impacted you. Share your thoughts and listen carefully to one another. Use the questions to help you reflect.

Setting the scene:

- ▶ Earlier in the book, Matthew records that Jesus performed miracles in two other cities but was misunderstood and rejected by the religious leaders.
- ▶ The religious leaders tried to force people to live by rules and

regulations that were almost impossible to keep. The 'yoke' was a symbol familiar to the Jewish readers; it represented oppression and control.

- ▶ Jesus offers a new yoke; walking in God's ways which are light and easy. What a relief! He's come for the ordinary people, not just the elite.
- ▶ Jesus' words echo the promise in the book of Jeremiah (6.16) that you will find 'rest for your soul'. Jesus applies this invitation to himself and us as we follow him.

- ▶ What are the 'shockers' or 'blockers' for you in this passage?
- ▶ In what ways do you feel tired and in need of rest now?
- ▶ In what ways is this passage refreshing and 'good news' for you?

I RESPOND

As you have read and reflected on the passage, it's now time to consider how to respond.

Still lyfe challenge: As a group, create a challenge to help you find regular time and space with God this week.

"Prayer catapults us onto the frontier of the spiritual life. Of all the Spiritual Disciplines prayer is the most central because it ushers us into perpetual communion with the Father." [Richard Foster Celebration of Discipline](#)

Challenge ideas:
If you struggle to come up with your own challenge then why not try one of the following...

01 Art in heaven

Enjoy spending some time with God and worshipping him through painting, drawing, writing a poem, song or any other creative process you'd like to explore this week. You could take some time out each day to develop it over the course of the week.

02 Create silence

Maybe we're missing out on silence? Experiment by turning the radio off on your drive or leaving your iPod at home as you walk to work. Enjoy creating some silent space each day and rest in God's presence without speaking. You might find that he speaks to you in a new way.

03 Queue up

Next time you have to have to queue - deliberately find the longest one! Take the opportunity to slow down and be present to God - pray for those around you. Enjoy the moment as a gift from God to rest.

Don't Forget

1. To record your experience of the challenge so that you can accurately share it with your lyfe group when you next meet. You might like to text/tweet each other throughout the experience!
2. Consider posting your created challenge on the lyfe facebook site for others to view.

More resources on 'Still Lyfe'

- Listen to interview on Prayer with Pete Greig
- Read article by Christopher S. Webb on 'The prayer-filled life of Jesus'
- Recommended reading - 'Finding God in the Ordinary' - Michael Frost.

GOING DEEPER:

Reflecting on your day

There is a historic prayer known as the 'Prayer of Examen'. The idea is to intentionally reflect on your day, on what you've done and thought about. There are always good things we could have done which we didn't, and things we did do which we shouldn't! This is a great time to ask for forgiveness and to ask God to help us act more in love each day. Have a look back over the last 24 hours, thank him for the blessings and good things. Use this time to set your sights on living more for Jesus each day.

Step One: Prepare yourself by quietly focusing your attention on God.

Step Two: Review your day with thankfulness

When did you live out of Jesus' love?

When did you not live out his love?

Step Three: Thank God for what is happening through this exercise, and ask him to guide you and give you grace for tomorrow.