

Weekly Study Guide for November 16, 2025 | Finding Rest

Are you weary and heavy-laden? What are the burdens you are carrying? Come to Jesus, and He will give you rest. Take up His yoke and learn from Him, and you will find rest for your soul. Let's see what God's Word has to say about it!

"Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your soul. For my yoke is easy and my burden is light." —Matthew 11:28-30

Supporting Verses:

Jesus went about all the cities and villages, teaching in their synagogues, preaching the gospel of the kingdom, and healing every sickness and every disease among the people. When He saw the multitudes, He was moved with compassion for them, because they were weary and helpless, like sheep without a shepherd (Matt. 9:35-36).

Even youths grow tired and weary, and young men stumble and fall; but those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint (Isaiah 40:30-31).

Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time. Cast all your anxiety on him because he cares for you. Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour. (1 Peter 5:6-8)

Cast your cares on the Lord and he will sustain you; he will never let the righteous be shaken (Psalm 55:22).

Do not be yoked together with unbelievers. For what do righteousness and wickedness have in common? Or what fellowship can light have with darkness? What harmony is there between Christ and Belial? Or what does a believer have in common with an unbeliever? What agreement is there between the temple of God and idols? For we are the temple of the living God (2 Corinthians 6:14-16).

It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery (Galatians 5:1).

Then Jesus said to his disciples, "Whoever wants to be my disciple must deny themselves and take up their cross and follow me (Matthew 16:24).

There remains, then, a Sabbath-rest for the people of God; for anyone who enters God's rest also rests from their works, just as God did from his. Let us, therefore, make every effort to enter that rest, so that no one will perish by following their example of disobedience (Hebrews 4:9-11).

References: [Matthew 11:25-30](#); [John 10:14, 27](#); [Matthew 9:35-36](#); [Isaiah 40:30-31](#); [Genesis 3:17](#); [1 Peter 5:6-8](#); [Psalm 55:22](#); [2 Corinthians 6:14-18](#); [Galatians 5:1](#); [Leviticus 26:13](#); [Psalm 106:28](#); [Matthew 16:24-25](#); [Hebrews 4:1-11](#); [Matthew 12:1-14](#); [Mark 2:23-28](#); [Luke 6:1-11](#); [John 5:1-18](#)

Questions:

1. Which of these scriptures speaks to you the most? Why?
2. What kinds of burdens—spiritual, emotional, or practical—do you find yourself carrying today, and how do these verses invite you to bring them to Jesus?
3. In Matthew 9:35–36, Jesus is moved with compassion for the weary and helpless. How does His compassion shape your understanding of His invitation to give you rest?
4. Isaiah 40:30–31 promises renewed strength for those who hope in the Lord. How does this connect with Jesus' words about His “easy yoke” and “light burden”?
5. Both 1 Peter 5:6–7 and Psalm 55:22 call us to cast our anxieties and cares on God. What practical steps can you take to live out this command in daily life?
6. In Matthew 16:24, Jesus says His followers must deny themselves, take up their cross, and follow Him. How does this daily act of surrender connect with the “easy yoke” He offers? What does it mean to learn from Jesus? How does this relate to being His disciple?
7. Hebrews 4:9–11 speaks of a Sabbath-rest, and Galatians 5:1 of freedom in Christ. How do these passages deepen your understanding of the rest Jesus offers?
8. What difference does this lesson make to your life? What is a practical way you can apply this to your life? What is a big takeaway for you?

Summary: Jesus invites the weary and burdened to come to Him for true rest, offering a yoke that is gentle and light compared to the heavy load the world offers. To take His yoke means to learn from His humility and gentleness, walking daily as His disciple by denying ourselves and taking up the cross. Scripture reminds us that God renews our strength, calls us to cast our cares on Him, and sets us free from the yoke of slavery. Ultimately, to follow Christ is to enter into a Sabbath-rest for our souls.