



# LOCKINGCASTLECHURCH

Life Group Notes – 13<sup>th</sup> March 2022

## The secret of the unhurried life – Matthew 11:25-30

*Please visit the LCC website to listen to the talk or read the transcript if available.*

### Matthew 11:25-30

<sup>25</sup> At that time Jesus said, “I praise you, Father, Lord of heaven and earth, because you have hidden these things from the wise and learned, and revealed them to little children. <sup>26</sup> Yes, Father, for this is what you were pleased to do. <sup>27</sup> “All things have been committed to me by my Father. No one knows the Son except the Father, and no one knows the Father except the Son and those to whom the Son chooses to reveal him. <sup>28</sup> “Come to me, all you who are weary and burdened, and I will give you rest. <sup>29</sup> Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. <sup>30</sup> For my yoke is easy and my burden is light.”

### Comment

When Jesus promised to bring ‘life in abundance’ and ‘rest for the weary’ he probably wasn’t thinking of sun-drenched beaches or a succession of luxury spa breaks. Although relaxing holidays and time for recuperation are important, Jesus was referring more to resting from the burden of unhealthy expectations that can actually hinder our relationships and spiritual growth. The Pharisees taught a whole list of rules and regulations that they thought needed to be followed in order to be righteous, but the result was people simply fell into a quagmire of guilt, failure and sense of alienation from God.

Thankfully Jesus said you don’t have to be able to recite the law to be a disciple. Instead a child-like wonder, faith and trust is all that is needed to be able to receive from him. (v25-27)

When Jesus said ‘take my yoke upon you’ he meant learning from his teaching and way of life. Jesus comes to those who say ‘I can’t do it’ and he offers a different sort of rest. Jesus offers the refreshment that comes from daily forgiveness, renewal that comes from a sense of purpose, the hope of his presence, a way full of grace. John Mark Comer says the reason we don’t experience Jesus’ easier yoke is our lack of attention on Jesus. Attention is the beginning of devotion. What you give your attention to is the person you will become.

In a world that competes for our attention we need to learn ‘unforced rhythms of grace’ by watching how Jesus lived. If our attention is on Jesus then we will learn to prioritise the important tasks without being swamped by everything else.

“Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you’ll recover your life. I’ll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won’t lay anything heavy or ill-fitting on you. Keep company with me and you’ll learn to live freely and lightly.” Matthew 11:28-30 *The Message*.

### Questions

1. What or who has grabbed most of your attention recently? Is this a) helpful b) sustainable?
2. What does Eugene Peterson’s phrase ‘learn the unforced rhythms of grace’ mean to you?
3. What could it mean to pursue a child-like faith?
4. How did Jesus manage to live and minister without getting overwhelmed?
5. What do you find most encouraging about this passage? What do you find most challenging?

*Pls pray for each other to learn to be ‘unhurried’ during Lent*