



TALK IT OVER
Small Group Bible Study
Dr. Dewayne Winrow

Read The Text: Matthew 11:28

Theme: Grace and Discipleship

Objective: Carefully observe and break down the verse.

Introduction:

This verse is part of Jesus' invitation to those burdened by life's hardships, particularly the legalistic religious burdens placed on them by the Pharisees. In Matthew 11, Jesus contrasts His yoke with the heavy burden of legalism and offers an invitation to experience His peace and rest.

Observation (10 minutes) Carefully observe and break down the verse. Ask participants to read Matthew 11:28 aloud in different versions (ESV, NIV, NKJV). Key Questions for Observation:

- What are the main verbs and subjects in the verse?
- Who is being addressed?
- What does Jesus promise?

Facilitator notes:

- "Come": A personal invitation—what does "coming" to Jesus mean?
- "All who labor and are heavy laden": Consider physical, emotional, and spiritual burdens. What kinds of burdens do people carry today?
- "I will give you rest": The word "rest" (Greek: *anapauō*) implies refreshment, relief, and peace.

Interpretation (10 minutes)

- Who is Jesus addressing?
 - The weary and burdened.
 - This includes those struggling with guilt, anxiety, and the pressures of life.

- What kind of rest does Jesus offer?

Facilitator's notes:

- Jesus' rest is not just physical rest but a deeper, spiritual peace.
- Rest from the burden of sin (Romans 6:23)
- Rest in the midst of trials (Philippians 4:6-7)
- Eternal rest with God (Revelation 14:13)

Application (10 minutes). Make personal and practical applications from the text.

- What burdens are you carrying right now? Have you taken them to Jesus?
- In what ways do you seek rest in things other than Christ (e.g., work, relationships, entertainment)?

APPLYING THE MESSAGE:
A Call To Every believer Professing to Love God and His People

AN OPPORTUNITY:
To Experience The Providence And Power In Following Jesus

OUR AIM AND PURPOSE:
To Start a Small Group Meeting In Every Community Where Members Live

THE CHALLENGE: Prayerfully Take
Three Steps Of Faith

THREE STEPS OF FAITH

Name: _____ Phone: _____

Email: _____

INSTRUCTION: Ask God's direction and help in taking the following three steps: "Lord, I'm asking you to direct and assist me ..."

Step 1: In choosing a Co-leader for my group: _____.

Step 2: In choosing a Description for the group you are leading me to develop: Select one of five small group descriptions:

- a. ____ A small group to families with children
- b. ____ A small group for families with teenagers
- c. ____ A small group for young adults
- d. ____ A small group for couples
- e. ____ A community-based intergenerational group.

Step 3: In choosing three partners as core supporters of my group.

- 1) _____
- 2) _____
- 3) _____

Target Date: March 2nd, 2025.