

GROUP DISCUSSION

Questions for facilitating dynamic discussion

The Speed of Joy
Week 2: Rest for the Soul
Matthew 11:28-30

June 14, 2025
Jeff Griffin

Tired of the hustle draining your joy? In a world that never slows down, Jesus shows us a better path — a daily rhythm that sparks delight and purpose. In our sermon series, *The Speed of Joy*, we'll discover how to live with vibrant peace! And this week, we're diving into the need to follow Jesus in our approach to life.

Kicking It Off:

Jeff shared a haircut photo from his “perm-mullet” era. What’s one pop culture fad or trendy style that you’re glad to see has disappeared?

Discussion:

1. For some people, a message about *rest* is going to feel like a welcome reprieve. For others, just the thought of it might feel a bit stressful. Where are you on that spectrum, between those two scenarios?
2. What were some highlights that you heard this week about the importance of being equally yoked? Why does that matter so much when it comes to our relationships?
3. How would you customize and translate Matthew 11:28-29 in your own words? Which of the English versions that Jeff used resonate with you the most?
“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 souls.” (NIV)
4. For weary people, what kind of *shalom* and inner-peace does Jesus offer through his discipleship? Where have you felt this?
5. How does a **customized** yoke sound to you? By contrast, what makes it hard for you to pursue that?
6. What’s your take on the concept of soul rest? How does your life — and the way you approach it — affect who you are and everyone else around you?
7. When you think about how Jesus **assists** and **models** for us, how does that move you to adapt to His routines and rhythms? Especially in areas of prayer, worship, and studying God’s Word? What might happen if you fully embraced His example?

Wrapping Up:

Jeff mentioned that “life is hard, but with Jesus it’s do-able.” Share a personal prayer request for the week ahead drawing on not just your strength, but God’s. Ask God to help you be strategic, mindful that you can make a powerful difference in others’ lives.