

Study Series: The Overcoming Life

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Lesson Title: “Rest” (pp. 170-184)

Session 13

May 28,2023

The main point of this lesson is: God desires that His people find rest in Jesus.

Focus on this goal: To help adults go to Jesus for rest

Key Bible Passage: Matthew 11:28-30

Before the Session

Write I could use more . . . on a large writing surface. (Step 1)

During the Session

Step 1. Create Interest / Jumpstart Discussion

Read the statement on the writing surface and invite volunteers to complete that statement. Ask if participants could use more rest and why.

Request participants recall the title of this study. Ask: Does it seem strange to equate an overcoming life with a restful life? Explain.

State this lesson examines the true meaning of rest and explores where to find that rest.

Step 2. A Sweet Promise

**Discuss** Day One, activity 1 (p. 170).

**Relay** the author’s remarks (pp. 170-171) that some promises are given with conditions, some are given without conditions, and some are given to specific people while others are given to all people. **Analyze** which type of promise is given in Matthew 11:28-30.

**Ask:** *What can we know for certain about all God’s promises?* **Read** the Day One paragraph (p. 171) beginning with “You could heave the ocean easier . . . .”

**Ask:** *What did Jesus promise us in Matthew 11:28-30—a life of ease? Eight hours of sleep a night? What is the soul rest He promises?* (Sample responses: Rest from trying to: earn God’s favor; be good enough; run our own lives; find our purpose.) **Discuss** Day One, activity 2 (p. 171).

Step 3. Where Can Rest Be Found?

**Brainstorm** places people seek to find rest. **Consider** why people think rest can be found in wealth. **Invite** a volunteer to read Luke 12:15-21. **Evaluate** how this man discovered wealth cannot bring rest.

**Request** a volunteer read Ecclesiastes 2:1-11. **Guide** the group to determine how and where Solomon sought rest; **compare** those to how people seek to find rest today. **Ask:** *What did Solomon conclude and why?*

**Invite** a volunteer to read Isaiah 57:20-21. **Evaluate** why there is no rest in sin. **Discuss** Day Two, activity 1 (p. 173). **Note** in the last few paragraphs of Day Two (pp. 173-174) the author emphasizes meaningful phrases from Matthew 11:28-30 (as participants were invited to do in Day One, activity 1).

**Consider** what is meaningful about the phrase, “I will give you rest.” **Declare** rest is a gift, not something we work for. **Request** a volunteer read Hebrews 4:11-12. **Discuss:** *How does the phrase “make every effort to enter that rest” sound like an oxymoron? How are striving and resting actually compatible? How can we strive to enter Christ’s rest?* **Declare** studying God’s Word, allowing it to transform our heart, mind, and will, is one way we make every effort to enter God’s rest.

**Analyze** what is meaningful about the phrase, “all ye that labour.” **Ask:** *Who do you know who is not burdened or laboring? How should that impact how we think about and treat others?*

Step 4. Christ the Burden-Bearer

Invite a volunteer to read 1 Peter 5:7. Determine what believers are to cast away and why.

Ask a volunteer to read Hebrews 10:35. Determine what believers are not to throw away and why. Request participants consider Day Three, activity 1 (p. 175). Ask: Which of those choices enable us to attain the rest Christ promises to give us and why? Then why do we often choose the second option?

Declare Jesus promises us rest from trying to carry our burdens, griefs, and sorrows on our own. Ask: What might our lives and churches be like if we transferred our burdens onto Jesus every day?

Step 5. What Does It Mean to Come?, Part 1

**Analyze** the significance of the first word in Jesus’s promise in Matthew 11:28-30.

**Discuss** Day Four, activity 1 (p. 177). **Determine** the condition of Jesus’s promise according to Matthew 11:29. **Explain** Jesus’s original listeners would have known that a yoke kept two oxen together as they plowed a field with a stronger ox leading a weaker ox. **Determine** truths Jesus was conveying with this agricultural illustration. **Declare:** *We’re all yoked to something that controls us, but only one yoke gives us rest.*

**Request** a volunteer read the Day Four paragraph (p. 177) beginning with “The way to heaven is straight . . . .”

**Urge** participants to consider Day Four, activity 2 (p. 178). **Assert** we won’t find rest if we fight against that yoke.

**Relate** the Day Four illustration (pp. 178-179) of the woman who “took God’s way and got rest.”

Step 6. What Does It Mean to Come?, Part 2

**Explain** all of Day Five (pp. 179-181) is an illustration highlighting the truth that all who find rest in Jesus have a divine obligation and power to help others find that rest as well.

**Discuss** Day Five, activities 1 (p. 180) and 2 (p. 181).

Step 7. Practical Application – Live Out the Lesson

Read John 16:33. Analyze how Jesus is offering us a restful life and an overcoming life. Determine the conditions for being at rest and being an overcomer.

Urge participants to pray Day Three, activity 2 (p. 176) every day this week, determining to find rest in Jesus alone.

Close in prayer.

