

OVERVIEW

In this invitation to be yoked with Jesus, he invites us to experience life the way He intended it to be lived – before sin and the brokenness of the world changed the way we work. This text helps group members recognize Christ’s presence with them at work and envision ways they can experience him more fully in the challenges they face every day.

DISCUSSION

1. Matthew 11:28-29:

“Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.”

- Have the group close its eyes and listen as you read the passage twice.
- What is your initial reaction to these verses? (What stands out to you, how does it make you feel, etc?)
- Describe Christ’s attitude toward his listeners in these verses?

Note: In these verses, “rest” isn’t to be equated with ease. The task isn’t removed—Jesus isn’t saying, let me take that away from you and give you a Hawaiian vacation. Rather, our work is where we learn from him.

- What do you normally think of when you hear the word “yoke”? How does this description of being “yoked” to Christ differ from what we traditionally think of the world?

“When we enter the yoke of Christ, we press into God’s design for our lives and we learn from Jesus how he would live our lives if he were us. A vital part of our learning from Jesus, of our being yoked to him, is vocational faithfulness.”

- Tom Nelson, *Work Matters*

2. Learning from Christ:

Background: The biblical meaning of the word “disciple” is a student or apprentice - someone who learns by living and working alongside the master. Christ invites us to this type of relationship.

In the Middle Ages, young men learned a trade by becoming apprentices, a multi-year commitment that involved moving into a master craftsman’s house, where they received room, board, and training in exchange for their labor. They learned their craft by “doing life” with the master and occasionally even married his daughter.

- In these verses, Christ invites us to learn with him and from him in the workplace. What do you think that might look like?

“The place of discipleship is wherever I am now. It’s whatever I am now and whatever I am doing now...When I go to work at USC and I walk into the class, that’s my place of discipleship.

That’s the place where I am learning from Jesus how to do everything in the kingdom of God...That’s why it’s important for me to understand that Jesus is, in fact the smartest man in my field. He is the smartest man in your field. It doesn’t matter what you’re doing. If you are running a bank or a mercantile company or a manufacturing plant or a government office or whatever it is. He is the smartest man on the job.”

- Dallas Willard

What’s your response to Dallas Willard’s observations? What might this idea mean for you?

APPLICATION

Based on the Scripture we looked at today – how motivated are you to introduce (or strengthen) Sabbath into your life?

ADDITIONAL RESOURCES

Dan Allender, *Sabbath* (part of the Ancient Practices series)

Tim Keller, *Every Good Endeavor: Connecting Your Work to God’s Work*

“The Power of Deep Rest” by Tim Keller <https://www.thegospelcoalition.org/article/the-power-of-deep-rest>