

FOLLOW ME

LEARN HIS HEART

All things have been handed over to Me by my Father, and no one knows the Son except the Father, and no one knows the Father except the Son and anyone to whom the Son chooses to reveal Him. 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. - Matthew 11:27-30

1) The _____ of His Heart

John Piper: *"The glory of God is the manifold display of His holiness. In other words, it is the 'going public' of the holiness of God."*

Richard Lints: *"Holiness is the absolute moral purity and excellence of God and the absolute moral and essential distance between God and His human creatures."*

Exodus 33:18, 34:6-7

Hebrews 1:1-3, Colossians 1:15,19, John 1:14

2) The _____ of His Heart

Matthew 9:10-13

Luke 18:9-14

John 9:40-41

Charles Spurgeon: *"I have learned to kiss the wave that throws me against the Rock of Ages."*

3) The _____ of His Heart

"Come to Me" = Accept His invitation to trust and draw near to Him by grace.

"Take My yoke" = Walk with and abide in Jesus through communion and obedience – imperfectly yet faithfully.

"Learn from Me" = Grow in your knowledge of Him through Word and Spirit.

John 15:4-5, Romans 12:2

READY TO FOLLOW JESUS?



FOLLOW ME

LifeGroup Discussion Questions / Week of May 3 – May 9, 2026

Prayer

Begin in prayer that we would quiet our hearts and see Jesus as a place of rest. Pray that this would be a fruitful time to be communal with God and with one another.

My Story

What is your learning style? When you are learning a new topic or skill, how do you commit yourself to learning a new craft?

Digging Deep

1. Reflecting on this week's message, what impacted you?
2. Jesus, being fully God in the flesh, continuously offers invitations to follow Him throughout the gospels and in the world today. Why is it significant that Jesus, in the flesh who offers us invitations for true life, is also the divine Son of God?
3. **Read Matthew 11:27-30.** How does Jesus describe His own heart? What kind of invitation is Jesus offering to His followers?
4. Why do you think we have such a lack of rest in the world today? Discuss ways Jesus can provide rest for our souls even when we are surrounded by anxiety, over stimulation, dozens of tasks, and more?

5. Jesus tells His disciples to take His yoke and to learn from Him. What lessons does Jesus' gentleness and humility teach us about both His character and His desire for us?
6. **Read Psalm 139:23-24.** How does God's examination of our heart lead us to fully experiencing His heart? How does repentance lead to rest for our soul?
7. When feeling overwhelmed, which one of these Psalms comforts you?
 - Psalm 23:1-3
 - Psalm 4:8
 - Psalm 62:1-2
 - Psalm 91:1-2
 - Psalm 116:7

Taking It Home

8. What does it look like for you to share your yoke with Jesus? How can you be intentional about laying down your worries and finding rest in Jesus?
9. Finding rest in Jesus is sustained by continued intimacy with Him through prayer, devotion, His word, and serving. Take this time for everyone to pray, journal, or reflect on the following: "Jesus, search my heart, search my thoughts, I give them all to you. Help me find true rest in you."

Praying Together

Pray together that we may find rest in Jesus throughout this week, month, and all of the days to come as we seek to follow Jesus.