

**Waiting on God in Weariness**

Dr. Derwin Gray

8.04.19

**Open in prayer.**

We live in a world in which we seem to go 100mph all the time. We're constantly on the go—from work to games to parties to school. Pastor Derwin mentioned statistics that illustrate how we're experiencing technology overload and poor coping behaviors. You can learn more about these statistics at this link: <https://www.healthline.com/health/millennials-exhausted-all-the-time#9>. While this article talks specifically about millennials, we know that any generation can suffer from living at warped speed.

- How have you experienced weariness in your own life? Do you feel you need to make any changes? If so, read on to learn how to STOP and rest, learn, obey, and participate in Jesus' Life.

**Slow down and rest in Jesus' redemptive work.**

- **Read Matthew 11:28 and John 15:5**
  - What does Jesus mean by "I will give you rest"? Does this mean we stop working?
  - Think of an apple tree, what does the branch do to produce an apple?
  - Followers of Christ will produce, but how we do it changes everything. As we marinate on our union with Christ, how does John 15:5 shift the paradigm for you?

**Trust Jesus and learn from Him.**

- **Read Matthew 11:29a**
  - Do you find it easy to trust and learn from Jesus? Is there anything that holds you back?
- **Read Luke 10:38-43**
  - Are you distracted by tasks so that you're unable to sit at Jesus' feet and soak in His teaching? If so, what tasks could you eliminate so that you can sit at His feet?
  - When you sit at Jesus' feet, how do you feel? Do you walk away feeling refreshed? Has this helped you learn to trust Him more?

**Obey Jesus.**

- **Read Matthew 11:29b**
  - Jesus is our rest. By grace, we are His children and we can rest from trying to please God. We rest by believing and obeying this truth.
- **Read Galatians 6:9-10**
  - We don't need to work for God, yet Paul tells us to work. For whom do we work?
  - How does this press into us "being on mission" as a way of life?

**Participate in Jesus' Life.**

- **Read Matthew 11:29c** (note the pronoun "my." His yoke is easy, and His burden is light), **1 Corinthians 15:10 and Colossians 1:28-29**
  - What is the power that begins our walk with Jesus and enables us to work hard?
  - What is the difference in working by my strength vs. working in His power?

**Soul-tattoo:** Sign up for our Transformation Track.