

How To Gain Relief From Weariness

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MATTHEW 11:28-30

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DR. PAUL SHOCKLEY

Using This Study

❶ EXAMINE His Word

What does God SAY? Open your time with prayer. The words God uses to communicate matters, so go back and pay close attention to the details that are emphasized or repeated in the passage.

❷ EXPLORE His Word

What does God MEAN? Asking questions of the text helps surface how the details relate to the message God wants to communicate.

❸ EMBRACE His Word

Why does it MATTER to me? Embrace God by responding to what you discover in His word in faith and obedience.

Guest Speaker: Dr. Paul Shockley



Paul R. Shockley is Professor of Bible & Theology at the College of Biblical Studies-Houston, adjunct faculty at Southwestern Baptist Theological Seminary's J. Harvard School of Theology (Houston campus), and adjunct faculty (philosophy) at Stephen F. Austin State University's division of Multidisciplinary Studies in Nacogdoches, Texas.

Paul received his B.A. in History, Stephen F. Austin State University; Th.M in both Bible Exposition and Systematic Theology, Dallas Theological Seminary; M.A.Humanities - History of Ideas, the University of Texas-Dallas; Ph.D., Philosophy, Texas A&M University. His philosophical areas of interest include Aesthetics, History of Philosophy, Moral Philosophy, and Philosophy of Religion. His theological interests include Systematic Theology, Bible Exposition (particularly Hermeneutics; Wisdom Literature; Johannine Literature), Hermeneutics, and Historical Theology.

He is married to Jill and they have four children: Schaeffer Wesley, Spencer Paul, Seth Michael, and Julianna Grace. They reside in Stafford, Texas.

His hobbies include gardening, painting, scuba diving, weightlifting, and exploring the culture, geography, and history of the Holy Land.

① EXAMINE His Word

What does God SAY? Prayerfully note significant details and terms emphasized in this passage.

Read Matthew 11:28-30 (ESV)

²⁸ Come to Me, all who labor and are heavy laden, and I will give you rest.

²⁹ 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.

³⁰ For My yoke is easy, and My burden is light.”

② EXPLORE His Word

What does God MEAN?

Today we begin a four-part series in which we will examine popular promises of Scripture that we find ourselves clinging to in view of various difficulties, problems, and situations. But what do these promises actually mean and how are they to be appropriately applied? We will first consider Matthew 11:28-30 and ask ourselves how we might gain or receive relief from weariness.

1. Are you drained? Encumbered? Are you loaded, weighted down? Are you longing for relief? You ask yourself whether your life will ever get better. You wonder if this is what life will look like till you die. You look at others and they seem to have it so easy. *“God, where is the relief?”*

2. Read Matthew 11:28-30 above. Does this promise resonate with you? What does this promise actually mean and how is it applicable to you?

3. Take a closer look at some key words from verse 28. What do these words actually mean?

a. Weary

b. Heavy-laden

c. Rest

d. Come

e. All

4. a. Are you experiencing Jesus' rest? If not, why?

b. Are there conditions to experiencing Jesus' rest?

5. Take a closer look at some key words in verses 29-30. What do these words actually mean?

a. Yoke

b. Learn

c. Gentle

d. Lowly

e. Heart

f. Souls

g. Burden

h. Light

6. What is the relationship between the promise in verse 28 and the statements in verses 29-30?

③ EMBRACE His Word

Why does this MATTER to me?

④ LIVE His Word

Summarize your thoughts on the passage.

Write about what God wants you to KNOW, to FEEL, and to DO.

Sermon Notes: