

**Week Five: *It's Not All Up to You***  
***Matthew 11:28-30***

**Spend FIFTEEN – Day One**

1. Who is the wisest person you know? What made them come to mind? (Note: Being wise is not the same as being educated. Who comes to mind when you think of life experience and good judgement?)
2. Read Matthew 11:28-30. When answering the first question, did the qualities of being gentle and humble enter into your choice? Why or why not?
3. I often say, “Life is hard even when life is good, and life is not often good.” Do you agree or disagree with that statement? Compared to most, do you think life has been harder for you, easier, or about the same as others?
4. What’s been your life’s greatest challenge — relationships, work, medical/physical, emotional, etc.?
5. Are you a person of faith? Have you turned to the Lord for help in life, or up until now have you felt a separation between matters of faith and the grind of life? In other words, that God has little or no connection with your day to day challenges?
6. What is the difference between praying for God to bless your life and asking God to direct you to the path He’s blessing?
7. Finish your FIFTEEN in prayer. Pray through the assigned reading, asking God to help you understand what He is saying.

**Spend FIFTEEN - Day Two**

8. Look again at Matthew 11:28-30. What is His invitation in verse 28? How do you do that?
9. Read James 4:7-10. What specific advice does James offer to grow closer to the Lord?
10. Are you feeling close to or distant from God at this time in your life?
11. When do you feel closest to the Lord: in worship, when alone, in Bible Study, listening to Christian music, etc.?

12. Our church urges us to practice 1.1.15.6 - Give ONE DAY a week to God in Worship & Rest, Be someONE to another person in an intentional relationship, Spend FIFTEEN MINUTES a day in a faith-building discipline, and Live the SIX other DAYS serving God by serving others. Which of those activities is easiest for you? Which is hardest?
13. Have you ever felt a strong prompting from God to pursue a specific course of action? If so, what/when was it? Do you expect God to personally direct activity in your life through a life experience or interaction?
14. Finish your FIFTEEN in prayer. Read Psalm 46:10, praying that the Lord would help you find quiet time with each other in the future.

**Spend FIFTEEN – Day Three**

15. Look again at Matthew 11:28-30. The Lord’s invitation was to those who are tired from carrying heavy loads. What tires you?
16. If you were asked to describe a burden in your life that was nearly impossible to endure, what would it be?
17. Where do you go for help when you are feeling overwhelmed? Is there a special friend, a special song, a Scripture, or a special place that helps you find peace in the midst of struggle?
18. The Lord promises to give you rest. Have you ever heard the song “What a Friend We Have in Jesus”? It says, “O what peace we often forfeit, O what needless pain we bear, all because we do not carry everything to God in prayer!” Do you agree?
19. Have you ever fasted? Read Jesus’ words in Luke 5:33-35. If so, what benefit did you find in fasting? If you haven’t, consider giving it a try.
20. What does the term “rest” suggest? When is physical rest needed? When is emotional and spiritual rest needed?
21. Finish your FIFTEEN in prayer. Pray that the Lord would grant you a better understanding of rest and the ability to give it a higher priority in your life.

**Spend FIFTEEN – Day Four**

22. Look again at Matthew 11:28-30. Jesus said the key to rest was to take His yoke on your shoulders. What is a yoke?

23. What do you think Jesus meant?
24. How did the Lord describe His yoke? Does that describe your yoke?
25. Read 1 Peter 5:6-11. What does this Scripture say about suffering? Is suffering a sign of unfaithfulness?
26. Why do you suppose God allows faithful people to suffer?
27. Is there a Christian you know who has undergone a demanding trial and overcome? What can you learn from their example?
28. Finish your FIFTEEN in prayer. Pray for someone you know who is undergoing a test of their faith through hardship.

**Spend FIFTEEN – Day Five**

29. How is it that things often look impossible from the outside, but once you immerse yourself in them, they feel completely doable and even enjoyable? How is faith like that?
30. So many things about the Christian faith seem unreasonable to nonbelievers, but perfectly normal to believers. Can you name an aspect of faith as an example?
31. Read 1 Corinthians 12:3 and 1 Corinthians 2:4-10. What role does the Holy Spirit play in understanding God's ways?
32. How does the answer to question 31 help explain why nonbelievers often think Christians are foolish or crazy?
33. Read James 2:14-19. Why are the good deeds of Christians so important?
34. In Matthew 11:28-30, Jesus said, "Learn from me." As you have read and observed the life of Jesus, what example has been most beneficial in your life?
35. Finish your FIFTEEN in prayer. Pray to be more like Christ in your interaction with nonbelievers.