



SERMON: 40 Days of Discipleship – “Refreshing Rest for a Weary World”

Watch [this week's sermon](#)

Read [Matthew 11:28-30](#) – “Jesus’ Prayer of Thanksgiving”

- Jesus speaks directly to those who are weary and carrying heavy burdens. Where do you most feel that weariness in your life right now? What kinds of burdens tend to weigh on you the most? How honest are you about that exhaustion with yourself or with God?
- Jesus says, “Come to me,” before he says anything about doing. What does it look like in practical terms to come to Jesus rather than just think about him? How is coming to him different from adding more religious activity to your schedule? What might need to change in your daily rhythm for that invitation to become real?
- Jesus invites us to take his yoke and learn from him. What do you think it means to be yoked to Jesus instead of trying to carry life alone? Where are you currently carrying something by yourself that he may be inviting you to share with him? How might walking closely with him reshape the way you experience pressure or responsibility?
- Jesus promises rest for your soul, not just relief from your tasks. What is the difference between temporary relief and deep soul rest? Where have you tried to find rest that did not actually restore you? What would it look like to trust that his way of living is lighter even if it requires surrender?

Read [Exodus 20:8-11](#) – “Ten Commandments for the Covenant Community”

- God says to “remember” the Sabbath. What do you think it means that Sabbath is something we forget and need to intentionally remember? What typically crowds out rest and worship in your week? If someone looked at your schedule, what would it reveal about what you believe is most necessary?
- God commands a rhythm of six days of work and one day of rest. What is your current rhythm, honestly? What makes it hard for you to stop working or producing, even mentally? What fears or pressures show up in you when you imagine a real Sabbath?
- Sabbath is grounded in creation, because God rested. What does it communicate about God that he rested even though he didn’t “need” to? How does Sabbath teach us that we are not God and we are not in control? Where do you most struggle to trust that the world will keep spinning if you pause?
- Sabbath is meant to be holy, set apart. If you were going to practice Sabbath as “set apart” this week, what would you stop doing and what would you start doing? How could you practice Sabbath in a way that connects you to God rather than just giving you a day off? What is one specific change you could make in the next seven days that would move you toward Sabbath as God intended?

Read [Psalm 46:10](#) – “God is Our Refuge and Strength”

- “Be still” can feel almost impossible in a world of constant noise and distraction. What makes stillness difficult for you personally? When you try to be quiet, what tends to surface in your thoughts or emotions? What does that reveal about the state of your soul?

- The psalm connects stillness with knowing that God is God. How does slowing down help you remember who God is and who you are not? Where are you currently acting as if everything depends on you? What might change if you truly trusted that God is sovereign in that area?
- Biblical stillness implies dwelling securely in God’s presence, not just stopping activity. What is the difference between zoning out and intentionally resting in God? How could you create space in your daily rhythm to practice that kind of intentional stillness? What small step could you take this week to move toward that?
- The command is personal and relational, not abstract. When you are still before God, what truths about your identity do you most need to hear again? What lies about yourself or about God compete with those truths? How might regular stillness reshape the way you respond to pressure and uncertainty?

Read [John 6:67-69](#) – “Many Disciples Desert Jesus”

- Many disciples turned back because Jesus’ teaching was difficult. What makes following Jesus feel difficult or costly in your life right now? Where do you feel the pull to drift, disengage, or simplify your faith? What usually tempts you to look elsewhere for relief or clarity?
- Jesus asks the Twelve, “Are you also going to leave?” How do you imagine that question landing on Peter? If Jesus asked you that directly today, how would you honestly respond? What doubts or hesitations would surface in you?
- Peter says, “Lord, to whom shall we go? You have the words of eternal life.” What does that confession suggest about where real life is found? Where do you tend to look first for life, identity, or rest besides Jesus? How has that search worked out for you?
- Peter’s answer is relational, not theoretical. He doesn’t say, “We understand everything,” but “We believe and know who you are.” What is the difference between having all the answers and choosing to stay with Jesus? What would it look like this week to choose staying with him, even if some questions remain unresolved?

APPLICATION: Pick one to put into practice this week.

- 1. Micro-practice: “To whom shall I go?” pause.** Pick one daily moment where you usually reach for a quick comfort (phone scroll, snacking, checking email, noise in the car). Pause and pray: “Jesus, to whom shall I go? You have the words of life.” Then take one slow breath and choose a small next step that reflects staying with him (a short prayer, a kind text, a calm response).
- 2. Staying-with-Jesus practice: 10 minutes of quiet listening.** Set a timer for 10 minutes. Sit in silence. Read John 6:67–69 once, slowly. Then sit with the question, “Jesus, what are you inviting me to trust you with right now?” When your mind wanders, gently return to the phrase: “You have the words of eternal life.” Write down one sentence you sense God impressing on you.
- 3. Courage practice: One “stay” decision when it would be easier to leave.** Identify one place you’ve been tempted to disengage spiritually (avoiding prayer, avoiding community, avoiding a hard conversation, avoiding obedience in a specific area). This week, make one concrete “stay” move: attend group even when you don’t feel like it, ask for prayer, confess what’s really going on, or take a step of obedience you’ve been resisting. End that day by thanking Jesus: “I stayed with you today.”

DAILY BIBLE READINGS & QUESTIONS

View this week's [Daily Bible Readings](#)

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Matthew 13:1-12	Matthew 13:13-23	Matthew 13:24-35	Matthew 13:36-52	Matthew 13:53-58

Monday, March 2: Matthew 13:1-12

- In this first telling of the parable, Jesus describes a farmer throwing seed on a path, on rocky ground, among thorns, and on good soil, without yet explaining what any of it means. What details or surprises in that simple farming picture stand out to you, and how do they get you thinking about the different ways people (including you) receive God's word?
- When the disciples ask why he speaks in parables, Jesus says that some people will be given more understanding while others will not. How does that unsettling idea that your response to what you hear can either open you up to more or close you off challenge the way you listen to Jesus, and what would it look like to approach his words differently this week?

Tuesday, March 3: Matthew 13:13-23

- Jesus says there are people who "see" but do not really see and "hear" but do not really hear, then he tells the disciples their eyes and ears are blessed because they do. When you sit with that contrast, what helps you tell the difference between just being around Jesus' words and truly receiving them, and where do you see signs of either dullness or real responsiveness in your own life right now?
- In his explanation of the parable, the same seed lands on four kinds of soil, and the difference is in how each heart receives and holds on to the word. As you think about worries, shallow roots, or competing desires in your own life, which part of Jesus' description feels uncomfortably close to you, and what might it look like to become more like the "good soil" that hears, understands, and bears lasting fruit?

Wednesday, March 4: Matthew 13:24-35

- In the parable of the weeds, the servants want to pull the weeds up right away, but the farmer tells them to wait and let wheat and weeds grow together until the harvest. How does that picture of a mixed field challenge your desire to sort people or situations into "good" and "bad" right now, and what might it look like to trust God's timing for sorting things out instead of rushing to judgment?
- Jesus compares the kingdom of heaven to a tiny mustard seed that becomes a tree and to a small amount of yeast that works through the whole batch of dough, and Matthew says he was fulfilling words about things "hidden since the creation of the world." When you think about quiet, hidden beginnings in your own life or in our church, where might you be underestimating the slow, unseen work of God, and how could you lean into that kind of small but steadily growing kingdom work this week?

Thursday, March 5: Matthew 13:36-52

- When Jesus explains both the weeds in the field and the net full of good and bad fish, he talks about a final sorting that belongs to the angels at the end of the age, not to the servants or the fishermen. How does that picture of living in a mixed world now, without being the one who separates the righteous from the wicked, challenge the way you judge people or situations, and what might it look like to focus more on faithfulness than on sorting in your own life?
- In the middle of this passage Jesus tells stories about a man who joyfully sells everything for a hidden treasure, a merchant who gives up all he has for one pearl, and a teacher of the law who brings out treasures both new and old. When you hold those pictures together, what do they reveal about the value and cost of the kingdom in everyday life, and how might they invite you to rethink your priorities, traditions, or comforts as you follow Jesus?

Friday, March 6: Matthew 13:53-58

- In Nazareth, the people know Jesus’ family, his trade, and his hometown so well that his very ordinariness becomes a stumbling block, and they take offense instead of receiving him. How does that dynamic of “familiarity without honor” show up in your own life, either in how you respond to Jesus or to people you think you already know, and where might God be inviting you to look again with fresh openness?
- Matthew says Jesus “did not do many miracles there because of their lack of faith,” tying what they experienced of him to their unbelief. When you think about your own expectations of Jesus, where do you notice a quiet cynicism or low anticipation of his work, and how might this passage invite you to bring him a more trusting, expectant faith in a specific area of your life?

ADDITIONAL RESOURCES

- [Daily devotions](#)
- Podcasts:
 - [Pastor Mike Drop!](#)
 - [“Gospel” – Word with Webb podcast](#)
- Videos:
 - [BibleProject: Gospel of the Kingdom](#) (4:50)
 - [BibleProject: The Gospel](#) (5:38)
 - [BibleProject: Matthew 1-13](#) (8:17)
- Articles:
 - [“What are the Gospels?” by Tim Mackie \(BibleProject\)](#)