Questions for discussion or reflection
Session 8: A new name

Take my yoke upon you learn from me, for I am gentle and humble in heart, and you will find your rest for your souls. Matthew 11:29

Can you name one way that the Cross brings rest to your soul?

In what ways is the Lord gentle?

What stops us from taking on the yoke that Jesus offers? Whay holds us back from following him?

Jesus says, 'Keep company with me and you'll learn to live freely and lightly' Matthew 11:30 (*The Message*) How does his company help you live more freely? What could you do to keep company with Jesus this week?

The Big Church Read