

Artist:

JAMIE GRACE
JAMIEGRACE.COM

Album Title & Record Company:

ONE SONG AT A TIME
GOTEE RECORDS

Video Title:

COME TO ME

Study By:

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Theme

Rest

Objective

Students will identify areas of burden and how to find rest in Jesus.

Warm Up

Two-Footed Relay – Divide into teams of 3. At the start of the race, one person from each team runs across the room to a table that has cups of water and where Person Two awaits. Person One drinks the water and then Person Two joins Person One and they run back to the start where Person Three awaits. Once there, Person One and Two eat a cracker. Person Three joins them and they run back across the room. Now all three drink water and they all race back to the start line. Here's the catch: only two feet can be touching the ground at any one time per team, so one person will need to carry all the others.

Transition

What made this activity difficult? What are burdens that you carry every day?

The Video

Show the video of "Come To Me" by Jamie Grace.

Transition

What are the lyrics of the chorus? What do they mean?

Bible Study

Read **Matthew 11:28-29**. Have the teams get back together and answer the following questions:

- What does being "weary or heavy-laden" mean to you?
- How do we "come" to Jesus?
- What "rest" do you think Jesus had in mind?
- Share a time when you experienced God's hope when you were hurting.

People often think that becoming a Christian means no longer having difficulties in life. But Jesus doesn't say we won't have problems – instead, He promises to help us through them. God's peace and rest are available to us, but we must trust in Jesus – not to take away our problems, but to provide what we need to endure.

Resting in Jesus means not worrying about the things that stress us out, but relying on the Spirit for the strength to do what God has called us to do. In the next verse, Jesus explains what He wants us to do: to carry His yoke. A yoke is a wooden crosspiece that is fastened over the necks of two animals and attached to a plow or cart that they are to pull. Jesus used this illustration to show that He wants us to work together with Him, not to carry our

own burdens. He has a purpose for us – the yoke is designed specifically for us so that we will carry what He wants instead of our own stuff. Our task is to carry His name to the world around us. It is a task, but Jesus says that His yoke is easy and His burden is light.

Wrap Up

Spend some time identifying a specific burden that you would like to give to Jesus. Pray for strength to let go of the burden and to take up Jesus' yoke instead. Ask God to give you rest as you go about your week sharing His name.