



# Bible Study on Matthew 11:28

This Bible study is divided into three sections, each with five thought-provoking questions to help deepen understanding and application of **Matthew 11:28**.

## Section 1: Understanding the Verse in Context

1. Who was Jesus speaking to when He said, “Come to me, all who labor and are heavy laden”?
2. What does it mean to "labor" and be "heavy laden" in the context of this passage?
3. How does this verse fit within the broader message of Matthew 11?
4. What burdens were the people of Jesus’ time facing, and how does that compare to our burdens today?
5. How does this verse connect with Jesus's overall mission on earth?

## Section 2: The Meaning of Rest in Christ

1. What kind of rest is Jesus offering—physical, emotional, spiritual, or all three?
2. How is the rest Jesus offers different from the world’s idea of rest?
3. What does it mean to truly "come to Jesus" for rest?
4. Can you think of a time when you personally experienced the rest Jesus offers?
5. How do other scriptures, such as Philippians 4:6-7 and John 14:27, reinforce the idea of finding peace in Christ?

## Section 3: Applying Matthew 11:28 to Our Lives

1. What are some practical ways we can respond to Jesus' invitation to “come” to Him?
2. What personal burdens are you carrying that you need to surrender to Jesus?
3. How does trusting in Jesus change the way we handle stress and anxiety?
4. What role does prayer and scripture meditation play in receiving God’s rest?
5. How can you encourage others who are weary and burdened to find rest in Jesus?