

SERMON NOTES

June 14, 2026

The Nature of Rest

Matthew 11:28-30 | Andrew Caudill

Main Point: Biblical rest is a restored relationship with God that frees us from striving and self dependence, and enables us to enjoy His presence, provision, and promises.

1. Understanding Biblical Rest

2. The Invitation to Rest

APPLYING GOD'S WORD (For LifeGroups)

LifeGroups are a place to commit to Christ-Centered relationships and grow in our faith together. Learn more at westshorefree.org/lifegroups.

LifeGroup Discussion Questions:

1. The sermon defined biblical rest as "a restored relationship with God that frees us from striving and self-dependence and enables us to enjoy His presence, provision, and promises." Which part of that definition resonates with you most, and why?
2. How is biblical rest different from the way our culture typically thinks about rest?
3. In what areas of your life are you most tempted toward striving and self-dependence rather than trusting God?
4. What does Jesus' invitation in Matthew 11:28-30 teach us about who He is and what He offers to weary people?
5. How does the promise of eternal rest shape the way we endure suffering, loss, and disappointment?

B.L.E.S.S. Question of the Week:

How does Jesus' invitation to rest shape how we can B.L.E.S.S. our neighbors?

Memory Verse:

"Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light."

- Matthew 11:28-30

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