

Rinse & Repeat



1. What did you learn from the stories of the three Hebrews and John the Baptist this past week?

Matthew 11:28-30 (NKJV): Come to Me, all you 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, NKJV)

Matthew 11:28-30 (WE): "All you who work hard! All you who carry heavy loads! Come to me! I will give you rest. Do what I tell you. Learn what I teach you. I am gentle. I am not proud. Then your hearts will rest. What I tell you to do is easy. What I give you to carry is not heavy."

(Matthew 11:28-30, WE)

Matthew 11:28-30 (ERV): "Come to me all of you who are tired from the heavy burden you have been forced to carry. I will give you rest. Accept my teaching. Learn from me. I am gentle and humble in spirit. And you will be able to get some rest. Yes, the teaching that I ask you to accept is easy. The load I give you to carry is light." (Matthew 11:28-30, ERV)

Matthew 11:28-30 (MSG): "Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me – watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly."

(Matthew 11:28-30, MSG)

Proverbs 3:5-6 (NIV): Trust in the LORD with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight.

(Proverbs 3:5-6, NIV)

2. What can you learn from Matthew 11:28-30 that you can apply to your life right now?

Philippians 4:6-7 (NLT): Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus. (Philippians 4:6-7, NLT)

Philippians 4:6-7 (WE): Do not worry about anything. Talk to God about everything. Thank him for what you have. Ask him for what you need. Then God will give you peace, a peace which is

too wonderful to understand. That peace will keep your hearts and minds safe as you trust in Christ Jesus. ([Philippians 4:6-7](#), WE)

Philippians 4:6-7 (NTE): Don't worry about anything. Rather, in every area of life let God know what you want, as you pray and make requests, and give thanks as well. And God's peace, which is greater than we can ever understand, will keep guard over your hearts and minds in King Jesus. ([Philippians 4:6-7](#), NTE)

Philippians 4:6-7 (the Message): Don't fret or worry. Instead of worrying, pray. Let petitions and praises shape your worries into prayers, letting God know your concerns. Before you know it, a sense of God's wholeness, everything coming together for good, will come and settle you down. It's wonderful what happens when Christ displaces worry at the center of your life. ([Philippians 4:6-7](#), the Message)

3. What can you learn from [Philippians 4:6-7](#) that you can apply to your life right now?

John 6:28-29 (CSB): "What can we do to perform the works of God?" they asked.

Jesus replied, "This is the work of God – that you believe in the one he has sent."

([John 6:28-29](#), CSB)

Assignment

Spend a bit of time this week looking at the story of Elijah found in [1 Kings 17 – 19](#). Elijah was a prophet who for some time was strong in his faith, and then he lost his trust of God and became afraid for his life – much like you and I at times.

- This week, read [1 Kings 17 – 19](#) through several times.
- How would you describe Elijah? What good traits do you see? What traits do you see that are not so good?
- How would you describe his relationship with God?
- How are the principles taught in [Matthew 11:28-30](#), [1 Thessalonians 5:16-18](#), and [Philippians 4:6-9](#) illustrated in Elijah's life?
- The rest of Elijah's story is told in [1 Kings 21](#) & [2 Kings 1](#) – you may want to read this too.
- How did Elijah's life on earth end? ([2 Kings 2:1-12](#)) What can you learn from this?
- What lessons from Elijah's story can you apply to your life?