

**One truth shared:** When burdened and overwhelmed by this world or your own sin, go to Jesus.

*Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.*

**Matthew 11:28-30**

## Rest!

Kaiden couldn't take it anymore. His bed was covered in homework—chemistry, math, and Spanish books were lying open with various worksheets scattered on top of them. His laptop was open on his lap, but he was only about two sentences into his essay on why the French Revolution was a pivotal time in world history. How would he ever get all this work done? How could any teacher think this amount of homework was reasonable?

Kaiden's heart started racing as he realized it wasn't *all* the teachers' fault. Kaiden was the one who had basketball practice until 5:30 p.m. that day and then stayed late to get some extra shots up. Kaiden was also the one who signed up for the jazz band and had practice after that until 7:00 p.m. And Kaiden was also the one who thought he could handle being on student council as well (which had a video conference call for an hour after jazz band). Okay, maybe he felt a little coerced to run for student council, but still . . .

There was just so much to do! There was so much pressure to perform! Kaiden knew the ACT was coming around the corner. Then college applications. Oh, and that big end of the year jazz concert and the huge student council event. What about his social life? What about his girlfriend?

Oh, yeah, his girlfriend. Kaiden started thinking about the pressures of dating and the temptations of that relationship. His heart began to race even more as memories flashed through his head of temptations they had fallen into occasionally. How could they have been so foolish?

Kaiden had so much pressure! Kaiden was so overwhelmed! Kaiden felt so guilty! And most of all, Kaiden felt *so* tired.

Been there before? It's easy to be overwhelmed with the burdens and pressures we bear, and it's easy to be overwhelmed with the guilt that we carry, too.

But dear teen, Jesus knows. Jesus knows pressure. Jesus knows burdens. Jesus knows suffering. He experienced it all as he lived in this world with us and for us. Jesus even knows sin. Not because he committed any, but because he carried your sin along with the sin of the whole world. He took sin upon himself to pay for it and wash it away in his blood.

Listen to the words of your Savior who knows burdens. Listen to the one who carried them and overcame. Listen to the Savior who promises to be with you and to work all things for your good and to give you strength in all things.

Jesus says, "Come to me, all you who are weary and burdened, and I will give you rest." When you feel burdened and overwhelmed by this world or your own sin, Go. To. Jesus. Don't go to vaping or smoking or drinking. Don't go to acting out in other sinful choices. Don't go to your room and lock the door and hope you can just figure it out on your own as you mindlessly scroll through social media. Go. To. Jesus. In his Word, in worship, in communing with him in the Lord's Supper, you will find rest. In the sweet comfort of his love and forgiveness in the gospel, you will find rest. In the reassurance of his promises, you will find rest.

Every time. Go to Jesus and *rest*.

**Prayer:** Lord, my life is sometimes so overwhelming. The burdens I carry and the sins I bear are too heavy. But reassure me with the comfort that you overcame this world and took away my sin. Welcome me with open arms, as you promise! Help me find rest in you alone. Amen.

## Foundation Teen Facilitators Guide

### Year A – Proper 9

#### Define Christian

**One truth shared:** When burdened and overwhelmed by this world or your own sin, go to Jesus.

### Rest!

**Starting the Discussion:** *This first section is intended to be light and easy, to engage and get the conversation going. Have a little fun with these questions.*

What do you find the most overwhelming and stressful right now . . . at home? When you're in school? In other activities you're involved in?

**Connecting:** *This section serves as a bridge between the opening conversation and the body of the study/discussion. It should get the group thinking about the topic/text even before they've looked at it.*

- Describe what it's like and how it makes you feel when the things of life become overwhelming to you.
- What is it like when guilt becomes overwhelming to you? Is it the same or different than those other burdens?

**Digging In:** *Here we want to dig into some texts or the text for the day and see what Scripture says. The questions are meant to be open ended to give a beginning of a scriptural conversation. These are a guide for a spiritual and scriptural conversation.*

- What is a yoke and what is it used for?
- Usually, yokes were associated with burdens and hard work. Explain why Jesus could say that his yoke is easy and his burden is light.
- To receive this rest from Jesus, he says, "Come to me." How do we do that?
- What is the Third Commandment, and how does it relate to these words of Jesus?

**Conclusion:** *Here we want to wrap up the discussion, perhaps circling back to the "connecting question" above.*

Discuss real, practical, specific ways that you will find rest in Jesus in the next week when you are feeling burdened by life or by your sins.