



Outline for Sabbath School Teachers with ideas for group discussion inspired by the Teachers' Edition of the Sabbath School Lesson prepared by the General Conference SS ministry.

Lesson No. 05 **24 - 30 July 2021**
Title: **"Come to me..."**

Pastoral Group Objectives

Take stock of the group's situation, of individual members, the sick, the elderly, those suffering in spirit. Plan actions to minister to these people.

Let's Share the Word

Key Texts: Matthew 11:28-30 & 5:5; Galatians 5:1 & 6:2; Deuteronomy 18:15; Exodus 18:13-22.

Themes to Explore

1. Finding rest in Christ is the challenge of faith, the challenge of every day. A rest that gives peace, health and brotherhood.
2. The Greek word "learn" used in Matt 11:29 is related to the word used in Luke 12:22 for "disciples". Resting we become disciples.
3. Rest has laws, which imply ways of being: gentleness, humility, calm, kindness, meekness and quietness.

Suggestions for Teaching and Spiritual Objectives:

Share together the benefits of peace with Jesus and the positive aspects of living with Him bearing His yoke.

Possible Questions for Deeper Study, Sharing and Application:

1. What does it mean to take His yoke on us? How would you advise someone to take **His** yoke to achieve **His** rest?
 2. What practical, personal acts and gestures do we need to understand and what must we do to achieve rest in Christ?
 3. Read Galatians 5:1. From what and how does Jesus make us free?
 4. What must be accomplished in us to facilitate the conditions which favour rest? Where in this process does the Holy Spirit act and what part does He play?
 5. How can we today (in a post-modern age) impart to others that healthy rest that only Jesus can give?
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Personal Testimony and Church Mission:

In this time of holidays think of friends who are now travelling, far away and/or busy with many things. Pray for them.