

## SERMON NOTES

### **“Soul Fatigue: A Response” | Pastor Matthew Ruttan** **August 2, 2020 – Westminster Church, Barrie – Live Stream**

This sermon explores Matthew 11:25–30. Make sure to have your Bible with you. Don't be afraid to take notes of insights you have about the text. Follow along with this sheet to more deeply engage with Jesus' teaching.

1. In his book *Aha*, Kyle Idleman said: “It’s exhausting trying to live in a way that violates your \_\_\_\_\_.”
2. In his explanation of “soul fatigue,” Pastor Ruttan talked about Covid fatigue, screen fatigue, heart fatigue, and brain fatigue. Which area (or areas) can you identify with most?
3. In verse 25 Jesus says, “I praise you, Father, Lord of heaven and earth, because you have hidden these things from the wise and learned, and revealed them to little children.” What is it about those who are like “little children” or “childlike” which makes them more receptive to God’s teachings?
4. In verses 29–30, Jesus says, “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.” A yoke is a wooden bar across the shoulders of animals (in this case, usually oxen), so that they can pull something like a plow or wagon. Why is it good that we can be yoked with Jesus?
5. We can find relief \_\_\_\_\_ because of what Jesus has done (not what we do)
6. We can find relief \_\_\_\_\_ when we walk alongside Jesus
7. What do you do on a daily basis which helps you know and walk with God?
8. It’s harder to get thrown off course by the worries of life, when you’re walking alongside the \_\_\_\_\_ of Life.
9. We can find relief \_\_\_\_\_ when we observe Sabbath rest
10. One day a week for rest, worship, mercy and joy is not something we \_\_\_\_\_ to do; it’s something we \_\_\_\_\_ to do.
11. Pastor Ruttan suggested an experiment: to identify one day in your calendar in the coming week to go screen-free for the entire day, and then to reflect on the difference it made. Will you do it?

☐ Yes   ☐ No