



Firm Foundations

Following the way of Jesus

Come To Me

Date: Sunday 30th May

Speaker: Becky Stamps

Key Verses: Matthew 11:28-30

Talk Summary:

Jesus is gentle and lowly, 'humble' or 'servant-hearted'. Although he has high moral standards, he is careful with those who are struggling, putting them tenderly back together and helping them to grow, rather than judging them from on high. Like a doctor, Jesus delights in helping us - when we come to him, whatever state we're in, he is overjoyed to relieve us of our burdens. In fact, the more burdened we are, the more fun he has, because he loves his job!

How can we come to Jesus? We need to acknowledge what we're struggling with. Whether that's difficult circumstances, our own sin, things that have hurt us in the past - whatever it is, we need to honestly face it and take it to Jesus. Like going to the doctor, we need to own our problem and then go and ask for help!

Jesus' help is first, rest. He wants to take all our burdens from us and let us sink into how rest and peace. But we don't stay here: Jesus has a 'yoke' for us. A yoke helps us carry more, not less, but without hurting ourselves. Jesus gives us these resources every day, and he stays with us, training us to keep growing and thriving. As we 'learn from him', we are able to cope with the daily life he has for us, living it to the full?

Practically, coming to Jesus means giving him time, space and permission. Setting aside some time every day, whatever that looks like, to seek him. Give him space: do things that help you connect, however simple these might be. This could include prayer, worship music, Bible reading or meditation, talking to a friend, going for a walk, sitting in silence... Give things a try, and invite Jesus into them to do what he wants (it won't always be what you think you want). The most important thing is to give Jesus permission. Don't be dishonest with him or yourself about your struggles, and don't try to hide things from him or not let him deal with certain issues. He is gentle and kind - you can trust him, so come to him and let him in!

Worship

Worship is not just singing, it is thanking God for who he is and what he has done and is lived out through a life of trusting obedience. Discussing this together is an act of worship.

(Small group worship resources can be found at [bvc.so/sgworship](https://www.bvc.so/sgworship))

- Why not try something this week that might help your group 'come to Jesus' in a fresh way? You could go on a silent walk together, do a meditative Bible exercise like lectio divina, or journal your thoughts to God while listening to music. There are lots of ideas that might help you here <https://www.smallgroups.com/meeting-builder/worship-ideas/>

Discussion Questions (choose some which are most relevant to your group)

- Does Jesus feel close and personal to you? How about when you pray or worship - what image or idea do you have of Jesus?
- What stops you coming to Jesus? (This is a very personal question, so give people safe spaces to answer it - perhaps journal it first then share what they feel comfortable with, or split into smaller groups to discuss).
- What one thing will you try this week to (re)connect with Jesus?

Witness

We want to be investing in authentic relationships with those who don't know Jesus yet and inviting them to anything where they might meet other Christians and Jesus. Pick one of the below each week:

- How would you share what you have learned with a non-church friend?
- What church events coming up would your friends appreciate an invite to?