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## Are You Ready to Receive?

*“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)*

1. What heavy burden are you carrying? What is using up all your energy?
2. What can you learn from Jesus?
3. Do you think following the teachings of Jesus is easy? Read I John 5:1-5. What does it say about God’s commands?
4. What is easy about following God and what is hard?
5. What can you do today to “receive” spiritual nourishment from God? Then who will you “give” to?