



New Mt. Moriah Baptist Church  
WOW Bible Study  
April 15, 2020

Pastor Mike

2020 Focus: BUILD

Monthly Theme: Surviving a Shutdown

V I S I O N

**20**  **20**

SEE IT. SAY IT. SEIZE IT.

## Slow Down!

### Matthew 11:28-30

**Tonight's Take-Away:** If we don't want to \_\_\_\_\_ we have got to learn how to \_\_\_\_\_.

**BACKGROUND TO UNDERSTAND THE BREAKDOWN:** JESUS IS TALKING TO TIRED PEOPLE. HE PROMISES REST TO THOSE WHO HAVE BEEN IN BONDAGE AND WHO ARE BEING BURDENED. HE PRAISES THE FATHER FOR HIDING THIS REST FROM THOSE WHO ARE PROUD AND REVEALING REST TO THOSE WHO DEPEND ON HIM.

#### IN ORDER TO RECEIVE THIS REST WE MUST SLOW DOWN!

I. Surrender to His \_\_\_\_\_ vs. 28

A. The \_\_\_\_\_ "Come to Me"

B. The \_\_\_\_\_ "All ye who are weary and heavy laden"

Weary= to be \_\_\_\_\_

Heavy laden= to be \_\_\_\_\_

C. The \_\_\_\_\_ "I will give you rest"

Rest= \_\_\_\_\_ Psalms 127:2; Hebrews 4:9

II. Stay in \_\_\_\_\_ vs. 29a "Take my yoke"

We must submit to Christ's yoke-

III. See Christ's \_\_\_\_\_ vs. 29b-30 "Learn of Me...you will find rest for your souls"

We will experience more with Jesus than we ever can alone!

My yoke is easy-



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**Where do I need to slow down?**

1. My **Faith** walk- Look at my **Calendar**
  
2. My **Family** life- Look at my **Communion**
  
3. My **Fitness** time- Look at my **Calories**
  
4. My **Financial** plan- Look at my **Checkbook**
  
5. My **Future** dreams- Look at my **Calling**

**Bible Trivia: How many days did Jesus stay on Earth after the resurrection?**



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**Three Ways to Give: 1. Text Newmtmoriah to 77977; 2. Give online**  
**[www.newmtmoriahmbc.org](http://www.newmtmoriahmbc.org); 3. Drop your offering in the drop-box at the church.**