

Heart Like Jesus

gentle and lowly

When have you taken an especially exasperating, exhausting trip? What happened?

How's your heart these days? What's a one-word descriptor? Why?

Read [Matthew 11:28-30](#) several times. Slow down and make four or five observations. What stands out in these verses?

What's repeated? What's unique? What do you learn about Jesus' self-revelation of his heart?

Which of the following might be true of you? Why? Explain.

- Confused and fuzzy about Jesus' heart and actions.
- Not really "gentle and lowly." Instead, prickly and feisty.
- Prone to wander and quit instead of abide and be faithful.
- Struggling to wholeheartedly follow Jesus.

How might each of the following heartfelt words from Jesus influence your heart right now?

Come—

To me—

All—

Who labor and are heavy laden—

And I will give you rest—

Express your heart to Jesus right now.

Experience his rest!

Get Ready for Next Week:

Read each day and aim to memorize [Matthew 11:28-30](#).

Also read [Matthew 9:35-36; 14:14; 15:32](#).