



Lesson 3: “An Invitation to Rest”

Online Crew Club Plan

<u>Key Teaching Point</u>	I’m invited to find rest in what Jesus has done for me.
<u>Bible Verse</u>	“Then Jesus said, ‘Come to me, all of you who are weary and carry heavy burdens, and I will give you rest.’” (Matthew 11:28, NLT)
<u>Bible Passage</u>	“Jesus offers us rest” (Matthew 11:28-30, NLT)
<u>Materials</u>	<ul style="list-style-type: none">• A Bible• 03: “An Invitation to Rest” Zoom Slides
<u>Mystery Bag (Optional)</u>	<ul style="list-style-type: none">• Zoom scavenger hunt printable, round 4

Relate (10 minutes)

Welcome students.

Greet crew members as they sign on.

Icebreaker Options (choose one):

- Ask students to share their highs and lows (the best and worst things that happened to them either today or from the past week).
- Rosebud: Ask students to share a highlight or success from the week (a rose), a challenge or disappointment from the week (a thorn) and something they are looking forward to doing or experiencing in the week ahead (a bud).
- Open a discussion with the question, “Have you ever done something that was difficult for you to do on your own?”

Play a game.

Zoom Scavenger Hunt - Round 4¹

To play this game, share your screen, and upload the Zoom slides for lesson 3. Display the scavenger hunt slides one item at a time. The first student to come back with that item receives a point. Students can receive points individually or as a team.

You could also choose your own game from the [Zoom Playbook](#).



Receive (10 minutes)

Receive God's Word.

Ask students: **What are some things that you have done that were hard to do? What happened and how did it make you feel? How did you get it done?**

Take student responses.

We need help to do things that are difficult, or even impossible, for us to do. Jesus offers to help us do the things that are hard for us to do or deal with in our lives. One thing that we find hard to do is to follow all of God's commands because of the sin in our hearts. In fact, the Bible says that all have sinned and fallen short...except Jesus. For that reason, Jesus is the perfect person to help us!

Ask students: **Have any of you played a board game with someone who was always changing or adding rules to the game? How did it make you feel? Did it affect your ability to win the game?**

Take student responses.

In a similar way, in Jesus' day, religious leaders made extra rules that made it impossible for people to get to heaven or to have a relationship with God. As you can imagine, this made people feel frustrated, exhausted and guilty because no matter how hard they tried, they just couldn't follow all the rules perfectly!

This is a burden, or a heavy weight that we all carry in our hearts. We can never be good enough to get to heaven or to have a relationship with God on our own, it's impossible!

¹ Mystery bag version: Send each student a printable list of items for round 4 of the Zoom scavenger hunt before the club session. The first student to return with all five items wins.

This is why Jesus came to the people and gave them this invitation, and why Jesus still gives us this invitation today:

Pull up Matthew 11:28-30 on [Bible Gateway](#). Share your screen and read the passage aloud.

“Then Jesus said, ‘Come to me, all of you who are weary and carry heavy burdens, and I will give you REST. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find REST for your souls. For my yoke is easy to bear, and the burden I give you is light.’” (Matthew 11:28-30, NLT)

We don’t earn heaven or a relationship with God by doing or saying the right things or by obeying all of God’s commands, in fact, it’s impossible for us to do everything perfectly! We only receive these things through faith as a gift that Jesus has won for us because he perfectly obeyed all of God’s commands! Jesus invites us to come to him and find rest from trying to earn both of these things. True rest comes from receiving what Jesus has done for us! Will you receive Jesus’s invitation of rest?

Close in prayer with students as you feel led.



Respond (10 minutes)

Apply God’s truth.

Jesus invites us to find rest in him, but how do we receive this rest? Jesus says we have to receive his yoke. What is a yoke? Does anybody know?

Is this the kind of yoke I’m talking about?

Share your screen and show the image of an egg yolk on the Zoom slides.

Nope! I’m talking about this kind of yoke.

Share your screen and show the image of the yoke on the Zoom slides.

This is a tool that is used to connect two farm animals together. These animals are called oxen. This yoke is a big wooden bar that connects these two oxen together. The two oxen work together to plow farm fields. Have any of you needed someone to help you carry something heavy or to

accomplish a difficult task? This is exactly what a yoke does. A yoke helps the oxen plow the fields together!

So when Jesus invites us to take his yoke, he's asking us to take his help! He doesn't take the work away from us or tell us that we can continue to sin and disobey God. Instead, Jesus offers to carry the burdens in our hearts for us and with us! Jesus offers to walk with us and to teach us how to walk in God's ways. This is great news because Jesus perfectly obeyed God in every way, so he will be able to teach us to obey God in our words and actions as we follow and walk with him! Jesus promises that if we respond to his invitation and take his help, we will find and experience rest!

Pray together.

Ask students to close their eyes for a prayer activity.

We are going to pray in a unique way today. Before we begin, we're going to take slow breaths.

Breathe in. (Pause)

Breathe out. (Pause)

Repeat three times.

As you breathe in, thank Jesus for what he has done for you and for his invitation of rest. Thank Jesus for dying on the cross, for taking on the pain and hurt of our sin and the sins of the world and for walking with us through all the tough things we experience.

(Pause)

As you breathe out, ask Jesus for his help. You may have a specific request for Jesus's help. Maybe it's help in your relationship with your parents, or maybe it's help with stopping a sin habit, or maybe you want help with a pain you are carrying in your heart because someone hurt you.

(Pause)

Now practice this on your own. Imagine breathing in thankfulness for Jesus's invitation and breathing out anything in your heart that is weighing you down as you ask Jesus for help.