

# Study + Soak

*Rooted Rhythms*

*The Worship Shelf*

STUDY. SOAK. SURRENDER.

# THE REST INVITATION: COME. TAKE. LEARN.

Scripture Focus: Matthew 11:28-30 KJV

## COME - The Invitation to Draw Near

*"Come unto me, all ye that labour and are heavy laden, and I will give you rest." - Matthew 11:28 KJV*

## REFLECT

WHAT ARE YOU RUSHING TOWARD THAT GOD  
NEVER TOLD YOU TO CHASE?

## TAKE - The Invitation to Exchange

*"Take my yoke upon you..." - Matthew 11:29a KJV*

## RELEASE

WHAT ARE YOU STILL CARRYING THAT CHRIST  
HAS ALREADY OFFERED TO CARRY?

## LEARN - The Invitation to Transformation

*"....and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls. For my yoke is easy, and my burden is light." Matthew 11:29b-30 KJV*

## RESET

AM I LEARNING MORE ABOUT CHRIST, OR JUST  
MORE ABOUT HOW TO PERFORM?

## GET ROOTED

- Isaiah 40:29-31
- Jeremiah 6:16
- John 14:26
- Proverbs 3:5-6
- 1 Peter 5:7
- Psalm 55:22
- Colossians 2:6-7
- Psalm 1:2-3

# 3-Day Soak Rhythm

Companion worksheet for "The Rest Invitation" Study

## STILLNESS & SCRIPTURE

Read the focus scripture and cross reference verses. Highlight or underline what stands out.

- What is God revealing about his nature here?
- What word/phrase is the Holy Ghost drawing you?

## SOAK IN THE TRUTH

Meditate on the main invitation - Come, Take, Learn

- How does the truth reset your rhythm today?

## SURRENDER & SCRIPTURE RESPONSE

Apply what you've studied through prayer and surrender.

- What do I need to surrender to fully receive this invitation?
- What burden am I laying down today so I can walk lighter with Jesus?