



# No Worries

## The Beauty of the Yoke

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## The Beauty of the Yoke

Matthew 11:28 – 30 NIV <sup>28</sup> “Come to me, all you who are weary and burdened, and I will give you rest. <sup>29</sup> Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. <sup>30</sup> For my yoke is easy and my burden is light.”

### How to Take on Jesus' Yoke:

1. \_\_\_\_\_ **What You're Currently Yoked With**
  - What burdens you most? What harasses you?
  - Everyone is yoked to someone or something.
  - Matthew 10:39 "Whoever finds their life will lose it, and whoever loses their life for my sake will find it."
2. **Remember Who** \_\_\_\_\_.
  - Jesus made himself into nothing.
  - Philippians 2: 6-8: <sup>6</sup> Who, being in very nature<sup>[a]</sup> God, did not consider equality with God something to be used to his own advantage; <sup>7</sup> rather, he made himself nothing by taking the very nature<sup>[b]</sup> of a servant, being made in human likeness. <sup>8</sup> And being found in appearance as a man, he humbled himself by becoming obedient to death—even death on a cross!"
  - The yoke is easy and the burden is light because **He bears it with us.**
3. **Develop** \_\_\_\_\_.
  - It's not natural to be meek. It is a work of the grace of God.
  - The need to die to myself, that means I have to disobey myself.
  - A closed mind is the end of discipleship.
4. **Receive** \_\_\_\_\_.
  - What's the promise? I will give you rest.
  - Matthew 11:29 "Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls."

- The world would have you to think that rest means you are free to do your own thing without accountability to anything or anyone.
- True rest is not freedom from responsibility. It is joyful submission to the Father's will like Jesus did.
- Matthew 11:28 – 30 The Message <sup>28-30</sup> "Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly."

### **The Salvation Prayer**

Dear Jesus, I repent of my sin. Please be my Savior and Lord. In Jesus' Name. Amen.