

NOTES



PRAYER

I pause, Father, to commune with you. Help me to be still and know that you are God. Ease awhile any tense muscles or strained nerves or wrought-up emotions. Let me be relaxed in body and calm in spirit so that I may be more responsive to your presence. I pause, Father, to commune with you. Amen.

Roy E. Dickerson in Daily Prayer Companion

OPENING QUESTION (OPTIONAL)

When you think of someone in your life who always seems to live quietly, who comes to mind? Why would you say this?



© 2023 by EVERY NATION BRISBANE®

All rights reserved.

Scripture quotations are from The Holy Bible, English Standard Version® (ESV®), Copyright © 2001 by Crossway, a publishing ministry of Good News Publishers. Used by permission. All rights reserved.

Permission to photocopy this material is granted for local church use. This is not for sale.



WORD

"At that time Jesus declared, "I thank you, Father, Lord of heaven and earth, that you have hidden these things from the wise and understanding and revealed them to little children; yes, Father, for such was your gracious will. All things have been handed over to me by my Father, and no one knows the Son except the Father, and no one knows the Father except the Son and anyone to whom the Son chooses to reveal him. Come to me, all who labor and are heavy laden, and I will give you rest. 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. For my yoke is easy, and my burden is light.""

[Matthew 11:25-30 ESV](#)

One of the lies in our culture today is, "It's hard to follow Christ." No, it's the easy way! The transformation of the self is what leads to the blessed life and this is what Jesus is after. The person with the easiest, strongest life is the one who walks in the easy yoke with Christ. The world around us needs us to stand steady in the yoke.

What is the yoke? It refers to two oxen being yoked together to pull the load.

The idea here is that we're pulling Jesus' load with him. His load is to bring the reign of God into ordinary human life. His message to everyone was, "Re-think your thinking because the kingdom of the heavens is now available to you." (Matthew 4:17, paraphrase)

The light load only comes when we're working alongside of Jesus in the Kingdom of God.

You might think Jesus was talking to anyone who is weary. Look at the context. Jesus has been facing great opposition in Matthew 11. Even John the Baptist is questioning him because he's not living up to his expectations. (If you follow Jesus long enough you'll get disappointed!) Jesus was rejected again and again because of the dominant view in society that put the stress on outward religious behavior and appearance.

But Jesus prays, "I praise you, Father, Lord of heaven and earth, because you have hidden these things from the wise and learned, and revealed them to little children."

(Matthew 11:25, MSG) So Jesus was talking to these ordinary people who were carrying a terrible religious burden from the wise and learned religious scholars. Religion wears you out.

Jesus is saying, "Take the yoke of official religion off of you. Take my yoke on you."

DALLAS WILLARD

DISCUSSION QUESTIONS

((NUMBERED ACCORDING TO LEVEL OF DEPTH AND READINESS TO SHARE))

1. On a scale from 1 to 10 (1 being never and 10 being always), how would you rate your capacity to not rush through your days? Why would you rate yourself this way?
2. In what areas of your life would you say you are laboring or weary?
3. In Matthew 11, Jesus calls his followers to take His yoke upon them. What is a yoke? How does Romans 6:17 point to the reality of a yoke in all our lives?
4. How do Jesus' words "come to me" and "take up my yoke" help us understand the gospel? What kind of yokes do we carry? What are some of the burdens of your soul?
5. If you would choose today to trust Jesus as the LORD of your life - giving you rest, take this moment to pray with your group. Will you enable him to have all authority as the one who calls the shots in your life? Would you like to enter into a saving relationship with God through Jesus? Ask your lifegroup leader to lead you in prayer to receive Christ. You can pray this prayer:

Dear Lord Jesus, I know that I am a sinner, and I ask for Your forgiveness. I believe You died for my sins and rose from the dead. I turn from my sins and invite You to be the master of my life. I want to trust and follow You as my Lord and Saviour. I declare that I am Yours, and You are mine, In Jesus name, AMEN.