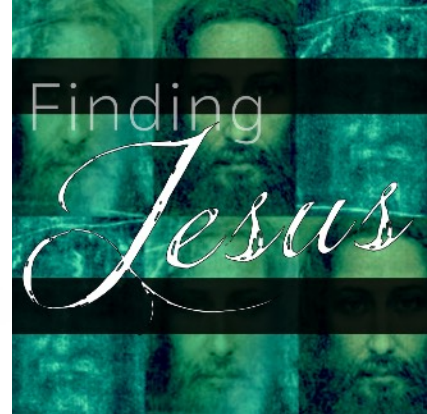


“Easy Jesus”



Getting Started

What makes you tired? Work; my children; worrying about things; all of the bad things happening in the world.

How do you relax? Read a book; take a long bath; watch TV; go on vacation.

What is the most refreshing vacation you have ever taken?

What happened during the trip that caused you to feel refreshed?

What's the worst vacation you've ever had?

Going Deeper

According to the World Health Organization stress is the health epidemic of the 21st century.

In Jesus' day a rabbi's teaching was called a yoke. The teaching-yoke of the religion scholars and priests was an endless list of laws, rules, traditions, and expectations that no one could measure up to — it was nobody's best life!

But Jesus offered to free the people, including the religious leaders, from this deadly yoke of legalism. He opened his heart to anyone who would listen and offered his life-giving yoke of love:

A yoke is essentially things that cause us to be tired. Things that burden us.

What are some things we are yoked to, that cause us to be exhausted?

Of people who don't attend church, what do you think their perceptions are about religion and rules? Would they think that God is about freedom from rules or about having to do a bunch of good things?

Did you ever have a perception like this?

Read [Romans 3:20](#). What does it say about trying to do good things to get to heaven?

Read [Matthew 11:28-30](#)

When we come to the passage we find Jesus talking about light burdens and easy yokes. How can the two go together?

Look at what Jesus said about following his way in contrast to the Pharisees around him.

read [Matthew 11:30](#)

read [Matthew 23:4](#)

What we find is that following Jesus is not about carrying a heavier burden than the one we already have. Living a life for Him makes the yoke easier.

read "[Matthew 11:29](#), *Take my yoke upon you and learn from me,*"

How do we find rest in this?

Why do you think people choose to hold on to their burden and not allow Jesus to carry it for them?

We all have burdens in different regards.

We Carry: Emotions, Questions, Finances, Fears, Plans, Relationships, Future.

Which of these burdens do you find you try to carry the most often?

Why do you tend to carry this particular burden?

Two people are necessary to fill a yoke.

What does [Ecclesiastes 4:9-10](#) say about doing life on your own.

With whom do you share a yoke with in this life? What is it about that person you value?

This Week

Spend time this week examining your life ([2 Corinthians 13:5](#)). Are you experiencing the spiritual rest and peace that only Jesus can give? If not, consider memorizing [Matthew 11:28-30](#) to encourage you to grab hold of Christ's rest.

