



Freely & Lightly

Are you tired, worn out?

Have you ever noticed in the Bible, God never hands out any easy assignments? He's never, "Hey, I've got a task for you. It should be pretty easy. Won't take you more than a couple of weeks." He never comes to us like he's trying to get us to join the PTA or volunteer to be room mom.

Easy is not a word I would use to describe what Jesus calls us to be a part of; however, it is a word that Jesus would use. Here are my top five quotes from Jesus. It's one of my all-time favorites. My yoke is easy, and my burden is light." **Come this Sunday, and we will see if we can learn to live freely and lightly.**

"Come to me, all you who are weary and burdened, and I will give you rest. 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. For my yoke is easy and my burden is light." **Matthew 11:25-30**

In this world you will have trouble. But take heart! I have overcome the world. **John 16:33**

Let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, fixing our eyes on Jesus. **Hebrews 12:1-2**

What is in your backpack?

- Is there an addiction weighing you down?
- Are money worries weighing you down?
- Are family responsibilities weighing you down?

“If anyone comes to me and does not hate father and mother, wife and children, brothers and sisters—yes, even their own life—such a person cannot be my disciple. And whoever does not carry their cross and follow me cannot be my disciple.” **Luke 14:26-27**

“Anyone who loves their father or mother more than me is not worthy of me; anyone who loves their son or daughter more than me is not worthy of me.” **Matthew 10:37**

Is church and religion weighing you down?

“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.” **Matthew 11:25-30**