

“REFRESHMENT FOR WEARY PEOPLE”

Question: What do you normally think of when you think of rest?

In Matthew 11:28-30, Jesus issues an invitation of rest to all who are weary...

What image does Jesus offer in His invitation, which He promises will provide us with the rest and refreshment that we all need? \_\_\_\_\_  
\_\_\_\_\_.

Actually, Jesus, the rest giver, offers weary people refreshment by an \_\_\_\_\_  
\_\_\_\_\_.

There are 2 reasons why Jesus can say that His yoke is “easy”:

1st: The yoke of Christ \_\_\_\_\_  
Let’s compare the yoke of Christ with the yoke that the world has to offer...

1) Jesus calls us to live a life of \_\_\_\_\_ Mt. 5:37  
The yoke of \_\_\_\_\_ is easier than the yoke of \_\_\_\_\_,  
deceit, hypocrisy & lying.

2) The yoke of \_\_\_\_\_ is easier than the yoke of \_\_\_\_\_.  
I John 1:9

Psalm 32 gives us a clear picture of what the yoke of guilt looks like.

3) Jesus calls us to \_\_\_\_\_ those who wrong or hurt us and why is that? Because, Jesus knows that the yoke of \_\_\_\_\_ is easier than the yoke of \_\_\_\_\_ & \_\_\_\_\_. Mt. 18:21-22

To forgive is to set a prisoner free and then discover that the prisoner was you...  
**Lewis Smedes**

4) Jesus says: *Love your enemies, do good to those who hate you, bless those who curse you, pray for those who persecute you...*Luke 6:27-28

He says this because He knows that the yoke of \_\_\_\_\_ is easier to bear than the yoke of \_\_\_\_\_.

5) Jesus calls us to live one day at a time. Mt. 6:34

The yoke of \_\_\_\_\_ is much easier to carry than the yoke of \_\_\_\_\_.

2<sup>nd</sup> reason why Jesus can say that His yoke is easy...

The Greek word used for “yoke” here is the word used for joining \_\_\_\_\_ together.

In this passage Jesus says take my yoke because I promise you that I will be right inside that yoke with you, helping you to carry life’s loads and assisting you in making wise decisions.