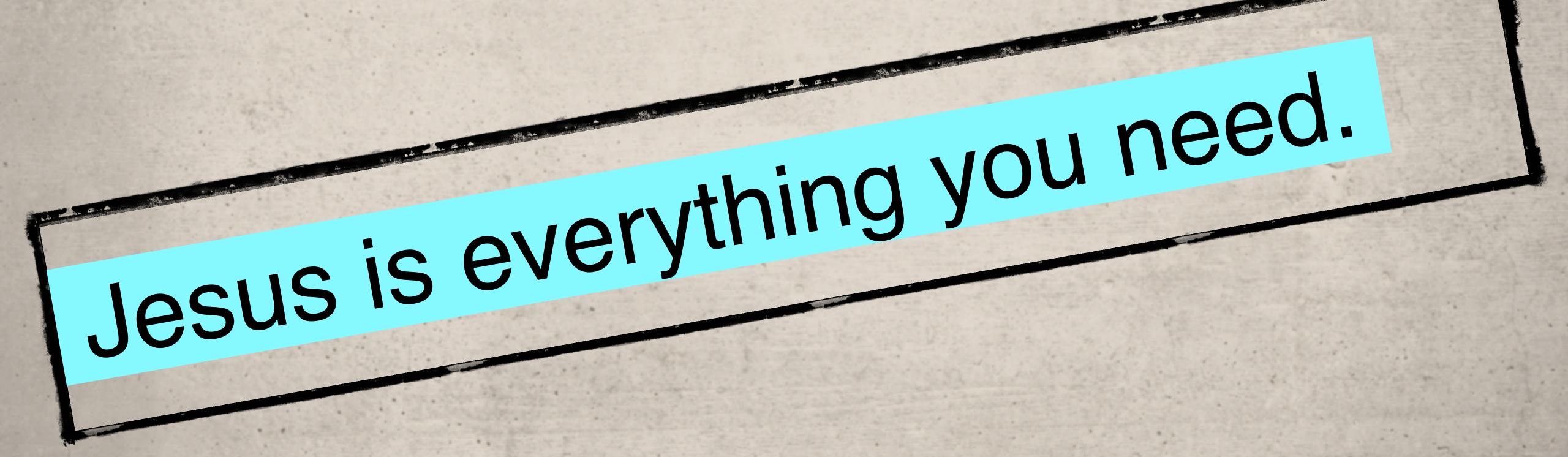


## Big Idea

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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 11:28-30

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#### Matthew 23:1-4

<sup>1</sup>Then Jesus said to the crowds and to his disciples:

2"The teachers of the law and the Pharisees sit in Moses' seat.

#### Matthew 23:1-4

<sup>3</sup>So you must be careful to do everything they tell you. But do not do what they do, for they do not practice what they preach.

<sup>4</sup>They tie up heavy, cumbersome loads and put them on other people's shoulders, but they themselves are not willing to lift a finger to move them.

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#### We are saved to serve (Ephesians 2:10)

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We are commanded to love one another (John 13:34-35)



#### Luke 9:23-24

<sup>23</sup>Then he said to them all: "Whoever wants to be my disciple must deny themselves and take up their cross daily and follow me.

<sup>24</sup>For whoever wants to save their life will lose it, but whoever loses their life for me will save it. yoke is easy and my burden is light.

#### Michael Green

"His yoke is gentle, but not in the sense that it is less demanding than Judaism. In some ways it is more demanding. But it is the yoke of love, not of duty. It is the response of the liberated, not the duty of the obligated."



#### The easy yoke - surrender

# The easy yoke - surrender Meditation - trust

# The easy yoke - surrender Meditation - trust Sabbath - trust/rest

The easy yoke - surrender

Meditation - trust

Sabbath - trust/rest

Secrecy - heart/motivation/pride

The easy yoke - surrender Meditation - trust Sabbath - trust/rest Secrecy - heart/motivation/pride Simplicity - worry/contentment

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The Bible - surrender Read the Editation - trust Sabbath - trust/rest Secrecy - heart/motivation/pride Simplicity - worry/contentment Servanthood - serving Friendship - fellowship

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