

HABITS

FOR THE WEARY SOUL



Big Idea

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Jesus is everything you need.

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Matthew 11:28

**Come to me, all you who are weary
and burdened, and I will give you
rest.**

Matthew 11:29

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.

Matthew 11:30

For my yoke is easy and my burden
is light.

Matthew 11:28-30

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Matthew 23:1-4

¹Then 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

³So 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.

⁴They 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 wired to worship (Romans 6:13)

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**We are commissioned to make disciples
(Acts 1:8)**

We are saved to serve (Ephesians 2:10)

We are wired to worship (Romans 6:13)

**We are commissioned to make disciples
(Acts 1:8)**

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

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Luke 9:23-24

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

²⁴For 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.”

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The easy yoke - **surrender**

The easy yoke - surrender
Meditation - trust

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Sabbath - trust/rest

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Meditation - trust

Sabbath - trust/rest

Secrecy - heart/motivation/pride

The easy yoke - surrender

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Simplicity - worry/contentment

The easy yoke - **surrender**

Meditation - **trust**

Sabbath - **trust/rest**

Secrecy - **heart/motivation/pride**

Simplicity - **worry/contentment**

Servanthood - **serving**

The easy yoke - **surrender**

Meditation - **trust**

Sabbath - **trust/rest**

Secrecy - **heart/motivation/pride**

Simplicity - **worry/contentment**

Servanthood - **serving**

Friendship - **fellowship**



Read the Bible

The Cross - surrender

Prayer/Meditation - trust

Sabbath - trust/rest

Secrecy - heart/motivation/pride

Simplicity - worry/contentment

Servanthood - serving

Friendship - fellowship

The Bible - **surrender**

Meditation - **trust**

Sabbath - **rest**

Secrecy - **motivation/pride**

Worry - **worry/contentment**

Servanthood - **serving**

Friendship - **fellowship**

Read the Bible

Build Relationships

The Bible - surrender

Meditation - trust

Sabbath - rest

Secrecy - motivation/pride

Security - worry/control

Servanthood - giving

Friendship - fellowship

Read the Bible

Build Relationships

Follow-Up

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