

WATCH THIS VIDEO

Do you see the dog?

DISCIPLES.AWANAYM.ORG/RHYTHMS

CORE VERSES

Come to Me, all you who labor and are heavy laden, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls. For My yoke is easy and My burden is light.

Matthew 11:28-30

As Jesus begins to speak in this passage, He starts by using a powerful phrase: Come to Me. While this may sound like an ordinary invitation, the truth is much more powerful. When Adam and Eve sinned, God forced them to leave the garden.

By saying "Come to Me," Jesus is inviting us back into a relationship of love and trust with God, experienced through similar rhythms that could be found in the garden.

USE THE SPACE BELOW TO HELP YOU REMEMBER THESE VERSES. FEEL FREE TO WRITE, DRAW, OR DESIGN IN WAYS THAT MAKE SENSE TO YOU.

READ MATTHEW 11:25-30.

Many people long to understand and know God and the things of God. Some spend their whole lives searching and studying and working to get close to Him.

But God doesn't work like that. He doesn't reveal Himself to everyone in the same way. In fact, God hides the truth about Himself from some people (v. 25). The only sure way to know God is to come to Him through His Son, Jesus (v. 27).

Here's the really amazing thing in today's passage: Jesus invites everyone listening to Him to come and know God! The God who hides from some people is ready and willing to be discovered through faith in His Son.

What will it cost? What's the catch? Will we need to keep the heavy Law perfectly? Will we have to drag ourselves through difficult rituals and perform strenuous works of sacrifice and service? That's likely what Jesus' Jewish listeners were expecting to hear.

But it's not what Jesus said. There is a cost: They would have to take His yoke on them. A yoke was a wooden frame that would be placed on an ox, usually paired with another, that allowed them to be controlled and put to work pulling heavy loads.

Yoke was a word picture that Jews understood. They understood themselves as being under the heavy yoke of the Law, pulling their burden in service to God.

Jesus said that, in contrast, His yoke was *easy and light* (v. 30). In fact, Jesus' invitation was for His listeners to come to Him both to

know the Father and to find rest for their souls. He was offering to reveal to them the God of the universe while also removing the burden of the Law from their backs.

Sometimes followers of Jesus make a serious mistake: We think that following Jesus means trying harder and harder, dedicating ourselves to a lifetime of backbreaking work in hopes of doing Christianity right. If we're not stressed out, we must not be trying hard enough!

That's a lie. God's goal for His children is never that we be stressed out and overcommitted to prove how serious we are about following Jesus.

Jesus already did all the heavy lifting. He already carried the burden of keeping the Law perfectly. He invites His disciples to come and walk His path with His strength. He doesn't need help with the load.

What God wants from us now is to walk in the way of Jesus with easy strides as we learn from Him. Yes, we still do good works, but we do it in Jesus' power. We do what He asks with rested souls.

Being stressed out on the journey should be a signal to us to slow down and trust Christ more instead of speeding up and trying harder.

Rest. Yoke. Learn. Easy. Light. Do those words fit with your experience of following Jesus? If not, maybe it's time to ease up and trust God to work through you instead of trying so hard to prove yourself.

CORE CONCEPTS

God created us to live our lives according to His design.

RHYTHMS:

Regular patterns of movement or behavior

QUESTIONS TO EXPLORE OVER THE NEXT TWO DAYS

- » BASED ON THE ACCOUNTS OF JESUS' LIFE IN THE GOSPELS, WHAT WERE HIS RHYTHMS OF FAITH?
- » BESIDES JESUS, WHICH OTHER PERSON IN THE BIBLE STANDS OUT TO YOU AS HAVING HEALTHY RHYTHMS OF FAITH?
- » WHAT REGULAR RHYTHMS OR PATTERNS DO YOU PARTICIPATE IN THAT REMIND YOU TO TRUST GOD?
- » WRITE YOUR OWN QUESTION: