

Resilience part 2 “The Easy Yoke”

John Eldredge: “One of the most remarkable things about human beings is how resilient we can be. Yet one of the most surprising things about human beings is how all that resilience can evaporate in a moment!”

Matthew 11:28-30

John 7:37-38

Assignment: Download the Pause APP. How was it? What do you like about it? If it made an impact how?

Examine your soul. How would you rate your soul? 1 to 7

Four Failures that Undermine Deeper Discipleship and Resilience

1. Toleration of emotional immaturity
2. Emphasis on doing for God over being with God.
3. Ignore the treasures of church history
4. We define success wrongly

Failure 1: We tolerate emotional immaturity

Jesus constantly modeled what he taught, that our love for the Father was measured by the degree to which we love others.

Matthew 5:23-24

Are the people closest to you experiencing you more loving or less loving these days?

We distrust the emotional and elevate the intellectual when it comes to our faith.

“Ignoring our emotions is turning our back on reality; listening to our emotions ushers us into reality. And it is in reality where we meet God. Emotions are the language of the soul. They are the cry that gives the heart a voice. However, we often turn a deaf ear through emotional denial, distortion or disengagement. In neglecting our emotions, we are false to ourselves and lose a wonderful opportunity to know God.”

-Dan Allender and Tremper Longman III, Cry of the Soul

How well do you know yourself? Why do you feel the way you do?

Failure 2: We emphasize doing for God verses being with God!

Mary and Martha story

Luke 10:39-42

Martha is actively serving Jesus but she is missing him.

What is it that we might have to give away?

Failure 3: We ignore the beauty and treasures of church history.

“Ignorance in any form –whether with money, health, theology, and any number of things has the potential to exact a heavy toll in our lives and our ability to be resilient.”

“We have much to learn from our brothers and sisters who came before us, especially those who are very different than us.”

Our discipleship initiatives are top-heavy on renewing the mind through scripture but incredibly weak in practices of silence, solitude, meditating, lamenting, waiting on God, etc.

What are the spiritual disciplines you have learned and now practice?

Failure 4: We define success wrongly.

“Bigger is always better” is false.

Going Forward: “The Easy Yoke!”

Matthew 11:28-30

“Yoke “

A common idiom in the first century for a rabbi’s way of reading the Torah. But it was more than just that, it also included his set of values/teachings living as a human being.

“talimidim” = apprentice

To be a follower or “apprentice” of Jesus you would organize your life around these three goals:

1. Be with Jesus
2. Become like Jesus
3. Do what he would do if he were you

The entire point of apprenticeship is to model your life after Jesus. And maybe in doing so recover your soul and build your resilience!

John 10:10

John 16:33

Matthew 11:28-30 message version

An invitation for the tired, the burned-out, the stress, all those who’s to-do-lists are way too long, all those in debt, all those hurting, all those even giving up on religion.

Anybody out there like this? Anybody out there NOT like this?!

The secret of the easy yoke: living as Jesus did in his earthly life—adopting his overall lifestyle!

HOMEWORK: Pause APP and memorize Matthew 11:28-30