

I. Come to Me (28a) - “Come to Me, all who labor and are heavy laden...”

II. Receive from Me (28b) - “...and I will give you rest.”

III. Join with Me (29a) - “Take My yoke upon you...”

IV. Grow in Me (29b) - “...and learn from Me, for I am gentle and lowly in heart...”

V. Rest with Me (29c-30) - “...and you will find rest for your souls. 30 For My yoke is easy, and My burden is light.”