

The Rat Race

Matthew 11:28-30

May 3, 2026

Matthew 11:28-30 (NLT)

²⁸ Then Jesus said, “Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. ²⁹ Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. ³⁰ For my yoke is easy to bear, and the burden I give you is light.”

How to Lighten Your Load...

1. **Turn** to Jesus.

Isaiah 40:29-31(NLT)

²⁹ He gives power to the weak and strength to the powerless. ³⁰ Even youths will become weak and tired, and young men will fall in exhaustion. ³¹ But *those who trust in the LORD* will find new strength. They will soar high on wings like eagles. They will run and not grow weary. They will walk and not faint.

How to Lighten Your Load...

2. **Give up** Control.

Matthew 11:29 (NLT)

^{29a} “Take my yoke upon you.”

A **yoke** is a wooden beam that attaches two farm animals together to lighten the load so they can work together as a team with the burden of weight shared.

The Yoke is a symbol of...

- a. **Partnership**

Verse 30 says, ³⁰ “For my yoke is easy to bear, and the burden I give you is light.”

Psalm 55:22 (NLT)

²² Give your burdens to the LORD, and he will take care of you. He will not permit the godly to slip and fall.

The Yoke is a symbol of...

- b. **Control**

Galatians 5:25 (ESV)

²⁵ If we live by the Spirit, let us also keep in step with the Spirit.

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²⁹“Take my yoke upon you.” ³⁰“For my yoke is easy to bear, and the burden I give you is light.”

EASY in the original Greek implies
a yoke that is comfortable and perfectly fitted.

How to Lighten Your Load...

3. **Learn** to Trust

Matthew 11:29b (NLT)

^{29b}Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls.

Matthew 11:28-30 (NLT)

²⁸Then Jesus said, “Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. ²⁹Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. ³⁰For my yoke is easy to bear, and the burden I give you is light.”

- a. Come to **JESUS**
- b. Take **MY** yoke
- c. Learn from **ME**