

## Lesson 1

Chapter 1–2

Matthew 11:28–30

	Come unto me, all ye that labour and are heavy laden, and I will give you rest.
	Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and shall find rest unto your souls. 30 For my yoke is easy, and my burden is light.
ye .	shall find rest anto your souts. 30 For my yoke is easy, and my ourden is tight.
1.	What Jesus Says
	He is Gentle
	"[Jesus] is the most understanding person in the universe. The posture most
	natural to him is not a pointed finger but open arms." (Gentle & Lowly, p. 18)
	He is Humble



## 2. What This Means For Us We come to Him *Matthew* 11:28 Come unto me, all ye that labour and are heavy laden... We find rest *Matthew 11:28* ...and I will give you rest. "Every day can feel like war on our souls. A spiritual assault on our faith. A fight to just stay saved. Or at least to stay orthodox, to stay faithful to Jesus, and to stay sane, much less to stay happy and at peace. When you're a cognitive minority under constant pressure to assimilate, you can't help but think, Am I crazy to believe what I believe? To live how I live?" (Live No Lies, pp. 27). We keep discovering who He is *Matthew 11:2–4* Now when John had heard in the prison the works of Christ, he sent two of his disciples, 3 And said unto him, Art thou he that should come, or do we look for another? 4 Jesus answered and said unto them, Go and shew John again those things which ye do hear and see: *Matthew* 11:29

Take my yoke upon you, and learn of me...

## 3. What We See In Action

Matthew 9:36

But when he saw the multitudes, he was moved with compassion on them, because they fainted, and were scattered abroad, as sheep having no shepherd.

*Matthew 8:2–3* 

2 And, behold, there came a leper and worshipped him, saying, Lord, if thou wilt, thou canst make me clean. 3 And Jesus put forth his hand, and touched him, saying, I will; be thou clean. And immediately his leprosy was cleansed.

"When Jesus, the Clean One, touched an unclean sinner, Christ did not become unclean. The sinner became clean...Jesus Christ's earthly ministry was on of giving back to undeserving sinners their humanity. We tend to think of the miracles of the Gospels as interruptions in the natural order. Yet German theologian Jürgen Moltmann points out that miracles are not an interruption of the natural order but the restoration of the natural order. We are so use to a fallen world that sickness, disease, pain, and death seem natural. In fact, they are the interruption." (Gentle & Lowly, pp. 31)

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