



Lesson 1

Chapter 1–2

Matthew 11:28–30

*28 Come unto me, all ye that labour and are heavy laden, and I will give you rest.
29 Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls. 30 For my yoke is easy, and my burden is light.*

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
