

## If You're Being Crushed, Jesus Is Here To Give You Rest

### Lesson 4

When have you felt like the demands of life were crushing you? Jesus lets you know that if you're being crushed by your burdens, then those burdens didn't come from him and you need to get rid of them.

**Matthew 11:28-30—"Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light."**

[Yoke: A device fastened around the neck and shoulders of an ox or other animal so that the animal can pull a cart, plow or other burden. The word was also applied to a student being under a rabbi's authority: "I am under the yoke of Rabbi Benjamin." (Many rabbis had very high expectations for their students, and their demands were burdensome.)]

#### LIFE UNDER JESUS' YOKE

- Restful
- He's always there for me
- There's room for learning and growth
- Jesus is gentle with me
- Jesus isn't arrogant with me
- My soul has peace
- The work is very doable
- What else?

#### LIFE UNDER THE YOKE OF MY ADDICTIONS AND DEPENDENCIES

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Why do you think it can be so hard to get away from the "yokes" that are crushing you?

What does it feel like to live under Jesus' "yoke"? Why?

How can you tell when you've gone back to living under a "yoke" that isn't from Jesus?