

## LIGHTEN UP!

“Come to Me, all you that are weary and are carrying heavy burdens, 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.”

– Jesus in *Matthew 11:28-30 (NRSV)*

### HOW TO LIGHTEN YOUR LOAD

(Matthew 11:28-30)

1. \_\_\_\_\_

“Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest.” *Matthew 11:28 (NRSV)*

“He gives power to the weak and strength to the powerless... those who trust in the Lord will find new strength...” *Isaiah 40:29-31(NLT)*

“...Find a quiet, secluded place so you won’t be tempted to role-play before God. Just be there as simply and honestly as you can manage. The focus will shift from you to God, and you will begin to sense His grace.” *Matthew 6:6 (MSG)*

2. \_\_\_\_\_

“Take My yoke upon you...” *Matthew 11:29 (NLT)*

“For my yoke is easy to bear, and the burden I give you is light.”  
*Matthew 11:30 (NLT)*

A Yoke is a symbol of \_\_\_\_\_

“Pile your troubles on God’s shoulders – He’ll carry your load, He’ll help you out.” *Psalms 55:22 (MSG)*

When I’m “yoked” with Christ, it is an

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3. \_\_\_\_\_

“... Learn from Me; for I am gentle and humble in heart, and you will find rest for your souls.” *Matthew 11:29 (NIV)*

Two causes of Stress are:

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and \_\_\_\_\_

“The Lord directs our steps, so why try to understand everything along the way?” *Proverbs 20:24 (NLT)*

Coach Brock Bible Challenge

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