

before Abraham was
the Bread of Life
the Light of the World
the Door of the Sheep
the Good Shepherd
the Way, the Truth, the Life
the True Vine

I AM

LINK TO
WATCH SERMON



LINK TO LISTEN
TO SERMON



I AM GENTLE AND LOWLY

Warm-Up Question:

If someone asked you to describe Jesus' heart in 2 words, what would they be?

READ: Matthew 11:28-30

I. I AM GENTLE AND LOWLY: COME TO ME

- "Laden" in v. 28 means a weight or burden. What are some of the things in life that lead you to feeling weighed down or burdened? (Think about physically, emotionally, spiritually, etc)
- What all does Jesus want tired and burdened people to do from v. 28-29? Describe what each of these 3 things mean.
- Do you find it easy to "come to" Jesus? What are some things that might make it difficult for you (busyness, feeling unworthy, lack of desire, etc)

II. I AM GENTLE AND LOWLY: TAKE MY YOKE

- What is a yoke (v. 29)? How did the Pharisees then, and religious people now, often put a religious "yoke" or burden on people? Have you ever felt this?
- How does Jesus describe his "yoke" (v. 30)? What does it mean to be "yoked" to Jesus?
- What are some things you easily "yoke" yourself to other than God? (Think of things like (people pleasing, perfectionism, anxiety, something in the world, etc)

III. I AM GENTLE AND LOWLY: REST

- How would you define the "rest" here, what do you think Jesus is meaning in his promise to give us "rest" (v. 28-29)?
- What does Jesus being "gentle and lowly in heart" have to do with us coming to him and finding rest for our souls?
- What might you need to do practically to "come to Jesus," "to take his yoke upon" you, and to live more in his soul "rest"?

"You don't need to unburden or collect yourself and then come to Jesus. Your very burden is what qualifies you to come."

"The point in saying that Jesus is lowly is that he is accessible."

"The posture most natural to him is not a pointed finger but open arms."

"We are buoyed along in life by his endless gentleness and supremely accessible lowliness."

— Dane Ortland

For Prayer:

- Praise Jesus for his offer to come to him and give us rest.
- Confess any areas where we go elsewhere for rest.
- Pray through Psalm 116:7
"Return to your rest, my soul, for the LORD has been good to you."



SEVEN RIVERS
C H U R C H

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Pray through Psalm 116:7 - “Return to your rest, my soul, for the LORD has been good to you.”

SCRIPTURES USED

Matt. 11:28 Come to me, all who labor and are heavy laden, and I will give you rest. **29** Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. **30** For my yoke is easy, and my burden is light.”

NOTES ON QUESTIONS

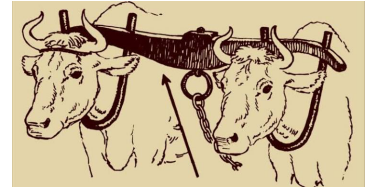
I. I AM GENTLE AND LOWLY: COME TO ME

- ▶ What all does Jesus want tired and burdened people to do from v. 28-29? Describe what each of these 3 things mean.
 - 1) Come to Jesus - Jesus wants to know he is approachable, that God sits on a throne of grace. He wants us to come as a child to a father with open arms. Come with all our burdens. Come tired. Come needy. Come when we feel unworthy. Come to him.
 - 2) Take Jesus' yoke upon us - It means to be connected to him. To give him control of our lives. To align our lives with his priorities.
 - 3) Learn from Jesus - To constantly be learning who Jesus is and what he has done for us and how he wants us to follow him.

II. I AM GENTLE AND LOWLY: TAKE MY YOKE

- ▶ What is a yoke (v. 29)? How did the Pharisees then, and religious people now, often put a religious “yoke” or burden on people? Have you ever felt this?

A “yoke” was what connected two cattle to keep them together and aligned. Religious people and churches often try to “yoke” us to God’s law and not Jesus, always talking about how we need to do more and do better for Jesus. They want us yoked to God’s commandments and rules instead of Jesus.



- ▶ How does Jesus describe his “yoke” (v. 30)? What does it mean to be “yoked” to Jesus?

It’s easy and light. Being yoked to Jesus means we believe he has done the work for us. Jesus has born the burden of the obedience to the law for us. He has born the burden of the wages of our sin on the cross. We are now “yoked” to his work because we are yoked to him. —> Think also about the theological truth of our “union with Christ.”

III. I AM GENTLE AND LOWLY: REST

- ▶ How would you define the “rest” here, what do you think Jesus is meaning in his promise to give us “rest” (v. 28-29)?

It is obviously more than physical rest. He defines it as “rest for our souls” in v. 29. It’s good to think through here what causes our soul to not be at rest. What are we anxious about in life? What do we worry about? Is there anything spiritually that causes us anxiety in our relationship with God? Are we even anxious to bring our anxiety before God? God wants us to experience a deep rest in our soul because of being yoked to Jesus. This comes much from remembering:

- 1) his finished work on the cross: Our sin (like anxiety) is forgiven. We are loved.
- 2) his ongoing presence and promises in our life. God promises to provide for us and meet our needs. God promises to sustain us through hard times. To help us in difficult relationships. Etc.

- ▶ What does Jesus being “gentle and lowly in heart” have to do with us coming to him and finding rest for our souls? We don’t talk with people who we think are harsh or will judge us, especially about difficult or shameful things in our lives. The more we know Jesus is gentle and lowly and ready to meet us where we are, the more readily we will “come to him” and allow him to bear our burden.