

promises

Free & Light
August 21, 2022

Matthew 11:28-30 “Come to me, all you who are weary and burdened, and I will give you rest. ²⁹ 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. ³⁰ For my yoke is easy and my burden is light.”

Matthew 11:28-30 (Paraphrase in The Message)

“Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you’ll recover your life. I’ll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won’t lay anything heavy or ill-fitting on you. Keep company with me and you’ll learn to live freely and lightly.”

_____ and _____

HOW DO WE LIVE FREE & LIGHT IN THE EVERYDAY?

First Step: _____ and _____ to Jesus.

Second Step: _____ the _____.

Hebrews 12:1-3 (Paraphrase in The Message)

Do you see what this means—all these pioneers who blazed the way, all these veterans cheering us on? It means we’d better get on with it. **Strip down, start running—and never quit! No extra spiritual fat, no parasitic sins. Keep your eyes on Jesus, who both began and finished this race we’re in. Study how he did it.** Because he never lost sight of where he was headed—that exhilarating finish in and with God—he could put up with anything along the way: Cross, shame, whatever. And now he’s there, in the place of honor, right alongside God. When you find yourselves flagging in your faith, go over that story again, item by item, that long litany of hostility he plowed through. That will shoot adrenaline into your souls!

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