

**HIS YOKE IS EASY...**

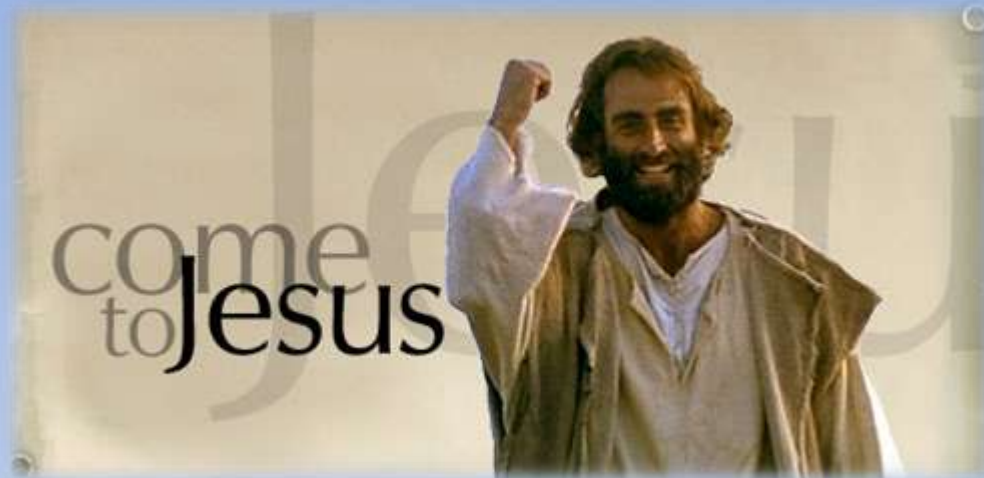
**Really?**

Matthew 11:28-30



## Matthew 11:28-30

Come to me, all  
you who are



weary and burdened, and I will give  
you rest. <sup>29</sup>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. <sup>30</sup>For my yoke  
is easy and my burden is light



# Matthew 11:29

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*.

Ψυχᾱίς – psuchais (psychais)

ψυχή → psych

Breath, Life Force,



# The Gentle & Humble Heart of Jesus

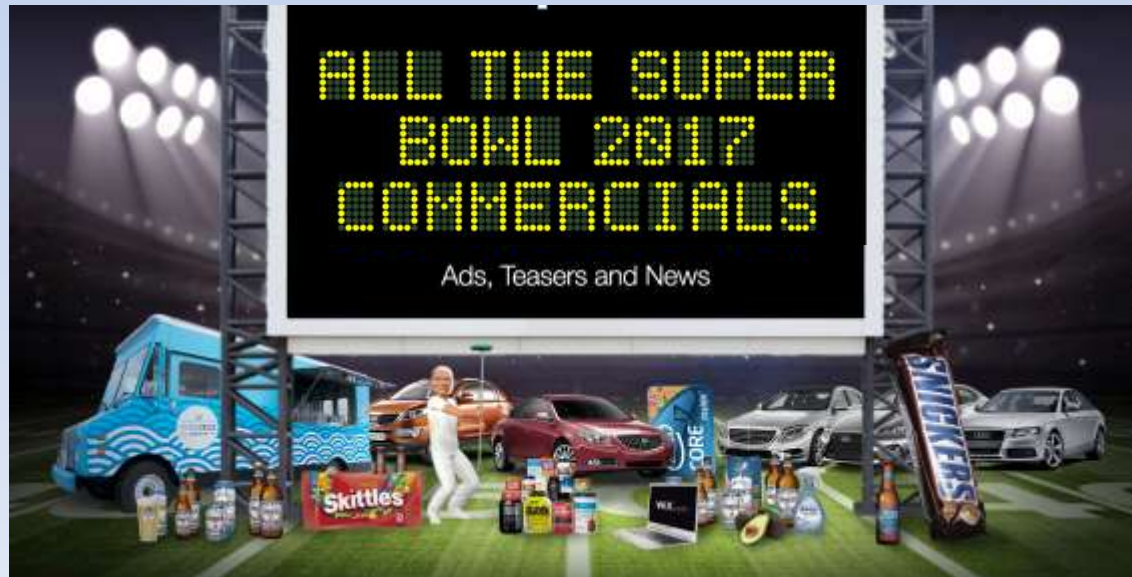
***Matthew 12:20***, “A bruised reed he will not break, and a smoldering wick he will not snuff out, till he has brought justice through to victory”.

From ***Isaiah 42:3***...



# Themes of Isaiah 41 and 42

1. God calls the nations to his court (Isa 41:1)
2. God asks the nations, “who is in charge”?
3. The Nation answer, “we trust our idols”!
4. God explains that idols can do nothing



# Rest for the Soul?



# Rest for the Soul!

1 Peter 1:3-9

What is the Goal of our faith?

*Praise God*

*Great Mercy*

*New Birth*

*Can't perish,  
spoil or fade!*

*Living Hope*

*Inheritance*

*In Heaven*



Genesis 9:13




# Holy Lord

**Holy Lord, most holy Lord  
You alone are worthy  
of our praises  
Holy Lord, most Holy Lord  
with all of my heart I sing...**







**Great are You Lord  
Worthy of praise  
Holy and true  
great are You Lord  
Most Holy Lord**



# Embrace Life Now

Gain real rest for your soul.

The yoke and burden is easy and light through the eyes of eternity

What do you do in the mean-time?

Consider these three Great NFL Quotes...



# Rest for your Soul makes Hard Work Easy and Light

It's not whether you get knocked down, it's whether you get up. – *Vince Lombardi*  
(**See Galatians 6:9**)

Every game I've ever played, regardless if it was pre-season or Super Bowl, meant the same to me, and ***I laid it all on the line*** – *Brett Favre*  
(**See 1 Corinthians 15:10**)

You can't always control circumstances. However, ***you can always control*** your attitude, approach, and response. – *Tony Dungy*  
(**See Philippians 4:8-9**)

