

SIMPLIFY.

PART 3: THE SECRET OF THE EASY YOKE

INTRODUCTION

During this season, we've all experienced new and higher levels of stress, because life has radically changed for all of us. What do you do when that starts to become normal? What if you could actually find a way to thrive spiritually during this uncertainty? Jesus gives us an invitation to live differently. He calls us to a simplified life.

BIBLE VERSES

Matthew 11:28-30

DISCUSSION QUESTIONS

1. What parts of your life seem impossible right now?
2. Pastor Will taught that to be an apprentice of Jesus means to build your life on 3 things: To be with Jesus, to become like Jesus, and to do what Jesus would do if he were you. Thinking about the roles you have (parent, spouse, friend, employee, employer, neighbor, etc.), what would it look like for you to live out those roles today the way Jesus would if he were you?

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. -Matthew 11:28-30 MSG

3. Do you feel a disconnect between your belief in this passage and the truth of this passage being reflected in your life? Why or why not?
4. Pastor Will taught that if you want to experience the life of Jesus, you have to adopt the lifestyle of Jesus. Where is there a disconnect between your lifestyle and the lifestyle Jesus teaches and models?
5. Are you willing to adapt your lifestyle--not just your beliefs--to reflect the life that Jesus teaches and invites you to live? What changes do you need to make beginning today?

MOVING FORWARD

Jesus knows that your life is always a byproduct of your lifestyle--the rhythms and routines of your everyday life. To follow Jesus means to adopt his lifestyle. Jesus doesn't promise an easy life. He promises an easy yoke. Saying "no" to Jesus' yoke is saying "yes" to a heavy, wearisome yoke. What is keeping you from committing to follow Jesus' lifestyle so that you can find the rest he promises for your soul?