

Sunnyside Foursquare

Series: Pause

Title: Carry the Lord's Yoke

Speaker: DJ Vick / Date: 9.6.26

Scripture to Read- Matthew 11:25-30

Scriptures from Sermon:

Questions:

1. When you think of slowing down with God what comes to mind?
2. Is the pace of life you're living a sustainable one? Why, or why not?
3. Pastor DJ referenced different yokes (explained below) referenced in the Bible (see list below). Do any of those inhibit your walk with Jesus? If so, which one?
4. What is something your being led to do (a new or renewed practice) to help you to slow down, be more prayerful, more reflective, etc. (i.e. journal, pause & reflect, embrace Sabbath, get away for a day or partial day to pray, etc.)?
5. What is something you're being led to say **no** to and why?

Yoke explained:

“When a man carried a yoke he would carry it on his shoulders; Judaism applied this image of subjection to obedience. Jewish people spoke of carrying the yoke of God's law and the yoke of His kingdom, which one accepted by acknowledging that God was one and by keeping His commandments. Matthew intends Jesus' words about rest as a contrast with Pharisaic sabbath rules in the following passage (12:1-14): the promise of “**rest for your souls**” comes from Jeremiah 6:16, where God promises to stay His wrath if the people turn to Him instead of to the words of the false religious leaders.” – **IVP Bible Background Commentary**

- Yokes to be aware of:

- Yoke of Egyptians – Ex. 6:6; Lev. 26:13
- Yoke of idolatry – Numb, 25:3, & 5; Ps. 106:28
- Yoke of religion – Acts 15:10
- Yoked w/ unbelievers – 2 Cor. 6:14
- Yoke of slavery (sin) – Gal. 5:1
- Yoke of busyness & - _____ (fill in the blank)