

Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. For my yoke is easy to bear, and the burden I give you is light."

Matthew 11:28-30 NLT

Cycle of Grace:

Jesus: "Walk with me and work with me – watch how I do it. Learn the unforced rhythms of grace." Matthew 11:29 MSG

1. _____

God: "This is my Son, whom I love, and I am very pleased with him." Matthew 3:17 NCV

The alternative to soul-acceptance is soul-fatigue.

2. _____

"Spiritual discipline: any activity that can help me gain power to live as Jesus taught and modeled it." – John Ortberg

He gives power to the weak, and to those who have no might He increases strength. Even the youths shall faint and be weary, and the young men shall utterly fall, but those who wait on the Lord shall renew their strength; they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint. Isaiah 40:29-31 NKJV

Jesus said, "Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid." John 14:27 NIV

3. _____

You are the salt of the earth. Matthew 5:13

You are the light of the world. Matthew 5:14

4. _____



Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God – this is your true and proper worship. Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is – his good, pleasing and perfect will. Romans 12:1-2 NIV