

## JESUS' INVITATION

One of my favourite pieces of scripture – something that has really fed me in the past – is what Jesus said in Matthew 11:28-30:

*“Come to me, all you who are weary and burdened, and I will give you rest. 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. For my yoke is easy and my burden is light.”*

“Come to me.” This is a wonderful invitation.

- What does it mean to you?
- What does Jesus mean by weary and burdened?

Jesus extends this invitation to all of us who are burdened by anxiety, depression, fear and doubt. He is offering relief. He is offering peace and “rest for your souls.”

By “rest” Jesus means peace to calm us. He 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 15:27)

*“I have told you these things so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world.”* (John 16:35)

- Have you experienced this kind of peace?
- Does having the kind of peace Jesus gives mean you don't need your medication anymore?

### WHAT DOES JESUS EXPECT FROM US?

He wants us to take his “yoke” upon us. A yoke is a wooden contraption that is placed over the shoulder of an ox so that it can pull a weight. In Jewish teaching a yoke represents the obligations a person must take upon himself. But Jesus says that these obligations are easy. He helps us carry them.

Jesus' call is a call to discipleship – to follow Him and learn from Him. To accept the obligations He places on us. Yes, Jesus places a burden on us, but He helps us carry it and it is lighter than the burden sin lays upon us.

To accept Jesus' invitation means that we live in the way He taught us to live and we observe all that He commanded.

- What does it mean to follow Jesus?
- Is it hard?
- What are some of Jesus' greatest commandment?

*“Love the Lord your God with all your heart and with all your soul and with all your mind. This is the first and greatest commandment.” And the second is like it: “Love your neighbour as yourself.”*

As we learn the wisdom Jesus teaches and as we observe all that He commanded, our burden will become lighter.