

# Lighten the Load

*Cracked – Part 2*

*“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.”* Matthew 11:28-29 (NIV)

## 1) Connect with Jesus.

*“Come to ME, all you who are weary and burdened, and I will give you rest.”* vs. 28 (NIV)

*“...you will find rest for your souls.”* vs. 29b (NIV)

How to connect:

My prayers  
(1 Peter 5:7)

His Word  
(Ps.119:105)

Other believers  
(Galatians 6:2)

Repeat daily  
(John 15:5)

## 2) Give up control.

*“Take my yoke upon you...For my yoke is easy and my burden is light.”* vs. 29a, 30 (NIV)

A yoke symbolizes: Partnership and Submission  
(Ps.55:22) (Gal. 5:25)

## 3) Learn from Jesus.

*“...LEARN from me, for I am gentle and humble in heart.”* vs. 29b (NIV)

Causes of stress: Aggression and Arrogance

*“Truly my soul finds rest in God; my salvation comes from him.”* Psalm 62:1 (NIV)