

## **Want to Change Your Burdens?.....just 'Yoking'!**

July 5, 2020

Gospel: Matthew 11:16-19, 25-30

*Jesus chides people who find fault with both his ministry and that of John the Baptist. He thanks God that wisdom & intelligence are not needed to receive what God has to offer.*

[Jesus said:] 16“To what will I compare this generation? It is like children sitting in the marketplaces and calling to one another, 17‘We played the flute for you, and you did not dance; we wailed, and you did not mourn.’ 8For John came neither eating nor drinking, and they say, ‘He has a demon’; 19the Son-of-Man came eating and drinking, and they say, ‘Look, a glutton and a drunkard, a friend of tax collectors and sinners!’ Yet wisdom is vindicated by wise deeds.” 25At that time Jesus said, “I thank you, Father, Lord of heaven and earth, because you have hidden these things from the wise and the intelligent and have revealed them to infants; 26yes, Father, for such was your gracious will. 27All things have been handed over to me by my Father; and no one knows the Son except the Father, and no one knows the Father except the Son and anyone to whom the Son chooses to reveal the Father.

28“Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. 29Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. 30For my yoke is easy, and my burden is light.”

- I. Clothing.... like behaviors, thinking and beliefs and even values can fit well or not; wear well over time or not; enhance our confidence to move/breathe/work/live/feel inside and out without binding or restraint or we can experience them as a nuisance/hindrane/worn out/outdated... ....needing a change. What piece of thinking/behavior/values in your life wardrobe – wrapped around your head/heart needs updating? HINT: think about the things that have bound you/not fit right. What still fits you perfectly?
- II. People that resonate with Jesus’ message will find rest/peace/a place of calm reassurance that the world cannot give. Jesus’ YOKE is how the teachings, understandings, practices and promises of faith FIT us individually and communally. While this is a gift from God, it does take work to unwrap, try-on and live into these core undergarments of our heart and thinking. When these

begin to be tailored into our everyday thinking & living, we experience more of the “rest” that Jesus speaks of and even harness the power and energy of the Spirit’s energy that is around and within us.... even in difficult culture, life, health, societal changing times. What does that kind of “Rest” mean for you? How do you see that happening in yourself? ....in the world? Keeping in mind Jesus was crucified for his practices and message, where do you see God in the midst of the Pandemic and current upheaval in Society? How will you be part of God’s work – wherever you see it? What is the Wisdom of the day that we would benefit to learn?