

# C A L L E D

GOD'S GREATER PURPOSE FOR YOUR LIFE

## ***Week 2: Being Changed by Jesus***

***Read Matthew 11: 25-30; Matthew 23: 1-12***

**A yoke is a farming tool that allows oxen to work in tandem to plow a field. Ancient rabbis referred to their teachings as their yoke.**

**Look up a photo of a yoke for context.**

How are the teachings of Jesus like a yoke?

How does that describe the way He taught, and what He offered His followers?

How was Jesus' message light, taken in contrast with what the religious leaders were teaching in His day (and in some cases, in our day as well)?

Sometimes following Jesus does not feel easy, so why do you think this is how Jesus describes walking with Him? Look up the definition, and consider, how are His teachings easy?

What are some of the things that burden you, that Jesus never asked you to carry? (Are they man-made church rules? Societal expectations? Self-imposed?)

How will you lay those down to take up his easy yoke?

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How will you lay those down to take up his easy yoke?

How can we find the rest Jesus describes and offers? Is this something you feel in your life currently? What is one thing you can shift to spend time in intentional rest this week?

What can we learn about God in this passage, and what might He be calling you to do with what you've learned this week?

**Bonus exercise:**

Search the gospels for the rhythms of life Jesus embodied, and what was important to Him. How can you learn from Jesus and pattern your life according to the rhythms He lived out of?

**Prayer:**

Father, thank you for your goodness and your faithfulness. Lord, thank you for sending Your Son to become human and experience all that we do. Thank you for the invitation He gives us to walk with Him, side by side, to do the work of your Kingdom. Thank you for the rest he offers in that work, and the lightness it brings, as we work out of that place of rest and communion with you. May the only things that burden our hearts be from you, and not from outside sources meant to distract us and weigh us down. Help us work together as a spiritual community to bring more of your Kingdom to the world around us. In the name of Jesus, amen.

How can we find the rest Jesus describes and offers? Is this something you feel in your life currently? What is one thing you can shift to spend time in intentional rest this week?

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