

The Yoke That Gives Rest

*A one-page Matthew 11:25-30
reflection guide for bringing your
weariness to Christ before
building another rhythm.*



“Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.”

Matthew 11:28-30 ESV

Rest Begins With Jesus

We often respond to weariness by rearranging our lives. Sometimes that is wise. A healthier rhythm can be a gift.

But Jesus begins somewhere deeper. He invites the weary to Himself. Then He speaks about receiving His yoke and learning His way.

Some of the weight you carry belongs to faithful love. Some belongs to fear, control, expectation, or the quiet belief that everything depends upon you. Jesus does not call you to irresponsibility. He calls you to discipleship under a gentle Master.

Before deciding how to carry everything this season, spend a few moments asking whether everything you are carrying was ever yours to hold.

Notice and Reflect

- 1 What feels heaviest as this new season begins?
- 2 Which responsibilities are genuinely mine to carry faithfully?
- 3 What am I carrying because I am afraid of disappointing someone?
- 4 Where have I confused being needed with being faithful?
- 5 What might learning the way of Jesus change about my pace this week?

Three Places to Notice the Weight

A simple practice for bringing one burden honestly to Christ



Mine to Carry Faithfully

What has Christ genuinely entrusted to me?



Mine to Release

What am I carrying from fear, control, guilt, or unrealistic expectation?



Mine to Learn With Jesus

Where do I need Christ to teach me a different way of walking through this season?

Do not solve the whole week. Choose one burden and bring it honestly to Christ today.

Prayer

Jesus, I come to You with the life I actually have, not the life I wish I had managed better. Show me what You have truly entrusted to me and what I have taken upon myself. Free me from the need to prove that I can carry everything. Teach me Your pace, Your obedience, Your gentleness, and Your trust in the Father. Help me walk faithfully without living as though everything depends upon me. Amen.

*Before you build a
better rhythm, come
again to the One who
gives rest to your soul.*

Continue the Reflection

*The Invitation for the
Tired and Heavy Laden*

Read the full reflection:
tiofelipe.com/blog