



Part 2: The Secret of the Easy Yoke

Matthew 11:25-30

The secret to the easy yoke - to experiencing LIFE with God – is to arrange our lives around Jesus, His words, and practices.

- **The Beautiful Life of Jesus**

When Jesus walked the Earth, He possessed unparalleled personal power – not only for miracles – but in His personal dealings with people and circumstances ... patient under pressure, to love the unlovely, to forgive His enemies, wisdom to know what was needed, trust in God when facing torture and death. He possessed, as no other person has, unlimited powers of love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.

Q: How did Jesus live this way? Jesus nourished His personal strength in a certain way. He chose a lifestyle characterized by practices that connected Him with God the Father, God’s family, and God’s mission. Jesus practiced rhythms of worship, community, and mission.

- **Jesus is the Doorway into God’s LIFE** (John 10:10, 1 John 5:11, Matthew 11:25-27)

Jesus offers us the very LIFE of God. The most comprehensive word in the New Testament for our salvation in Christ is “life” or “eternal life.”

“The purpose of his life, death, and resurrection was to ransom you from your sin, deliver you from the clutches of evil, restore you to God – so that his personality and his life could heal and fill your personality, your humanity and your life.” John Eldredge

Jesus is the doorway into God’s Life, and God’s LIFE is the source of all love, goodness, kindness, wisdom, power, righteousness, joy, and peace.

“We are invited to make a pilgrimage – into the heart and life of God ... God’s desire for us is that we should live in Him. He sends us the Way to Himself ... God makes Himself and His kingdom available to us ... Jesus offers himself as God’s doorway into the life that is truly life. Confidence in him leads us today, as in other times, to become his apprentices in eternal living.” Dallas Willard, The Divine Conspiracy

- **The Secret of the Easy Yoke** (Matthew 11:28-30)

A “yoke” was a common idiom in the first century for a rabbi’s way of reading the Torah, and it was his set of teachings on how to be human... how to live a flourishing life in God.

“A student is not above his teacher, but everyone who is fully trained will be like his teacher.” Luke 6:40

We say “yes” to Jesus, and He gives us LIFE. He invites us to “follow” Him – arrange our lives around Him as our Teacher as the way to experience God’s LIFE. This includes taking His words as Truth and LIFE and following His lifestyle practices.

“The Jesus way wedded to the Jesus truth brings about the Jesus life ...” Eugene Peterson

Ex: Sailing vs. speedboat vs. raft.

See greenwoodcc.com/practices

“God offers life, but we must choose to live. This is a far different thing than choosing to be ‘saved’ or accepting ‘salvation.’ This is no matter of mere belief but a description of how one lives.” George MacDonald

- **The Great Invitation** (Matthew 11:28-30)

“Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you’ll recover your life. I’ll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won’t lay anything heavy or ill-fitting on you. Keep company with me and you’ll learn to live freely and lightly.” Jesus