



Ever feel like you're carrying too much? Like you're not okay on the inside but you still act like you're okay on the outside? Like you're bending and bending so much that you just might break?

Bending = Flexible = Resilient = Good

HOWEVER...

- As humans, we can't constantly bend, bend, bend. It's **overwhelming**.
- Eventually, anything that bends for long enough...breaks.
- Bending for too long leads to a disruption of peace, joy, and daily rhythms.

A "bend-don't-break" mindset is counterfeit.

- You'll only survive and feel like you're barely making it.
- You'll constantly operate at a deficit.
- You'll feel fatigued down to a soul level.

"Bend don't break" tells you that if you can just make it until (Blank) then you'll be able to thrive. **This is a lie.**

PEOPLE IN TODAY'S CULTURE ARE OFTEN...

1. **Overwhelmed** because of carrying too much of a mental load.
2. **Overcommitted** because of doing too much.
3. **Over-exposed** because of processing too much through technology.

EXERCISE:

List out the mental load you're carrying and the things you're committed to.

Identify which of these things you can release from your load and cross them out. Reflect on why you may feel unsettled if you're not busy.

WHAT DO WE DO?

Find Rest!

“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 11:28–30)

Important Things to Note:

Yoke: Piece of farming equipment that links two animals to carry a heavy load. The two animals share the burden of the weight.

Jesus' Character: Not harsh, not easily frustrated.

Rabbi: A teacher who essentially taught their followers how to bear the weight of life through the eyes of what to do with the law of God.

First-Century Rabbi's Yoke: Heavy, burdensome, and out of reach. Says, *“Keep the law and be perfect.”*

Today's Yoke: Inauthentic, tiresome, and unsustainable. Says, *“Do more, work more, earn more, and keep bending.”*

Jesus' Yoke: Easy and light. Says, *“Let me help. Rest in my grace. You have nothing to prove.”*

Key Takeaway:

Jesus understands we can't escape the weight of life because life is hard. The invitation of Jesus is not to make life easier, it's to make the load lighter by sharing your burdens.

You'll Receive:

Rest at the deepest part of yourself, the feeling of your breath back, a new understanding of peace, and ultimately your best life back.

APPLY IT:

In what areas are you overwhelmed, overcommitted, or over-exposed? _____

Is there a yoke you are connected to that's causing you to bend and bend until the point of almost breaking? _____

What specifically can you give away to ease the weight of the load? _____

How would your life look different if you believed someone else was carrying the load with you? _____