

07-05-26 FOR THE JOURNEY THIS WEEK

“...when we take on Jesus’ yoke, we take on the work of loving our neighbors and loving God. God is with us in that work. Jesus promises rest for our weary souls... That is the gospel that can drive us forward, renewed and ready.”

Amy Sigmon



Matthew 11:16-19, 25-30

Questions for Reflection —

- What does it mean for you to be yoked to Jesus? How does that contrast with being yoked to worldly expectations and secular systems? What does it look like in daily life for you to share Jesus’ work of loving God and neighbor? How are you in partnership with Jesus in embodying compassion and love especially for disadvantaged or marginalized people? What does it mean for us as a congregation to be yoked to Jesus and to one another in ministry to our neighbors?

- When or how have you experienced the gift of another person bearing your burdens with you? What presently burdens your heart? What would it mean for you to turn your burdens over to God? In what ways do you hesitate to do so? What helps you sense when someone else is in need of support or encouragement? Who around you might be bearing burdens, whether obvious or perhaps more hidden? How might you come alongside someone in your life who is overwhelmed by their burden(s)?

- What makes you weary? What fear or anxiety is sapping your energy? What is the rest you presently seek—physical, emotional, mental, and/or spiritual? What is truly restful for your soul? What practices bring you refreshment and renewal? What do you need in order to claim the holy rest to which Jesus invites you?

Daily Household Prayer

God, we come to you, weary. We lay down our heavy burdens. You who are gentle and humble in heart, give us rest for our souls. Yoke our hearts to Jesus, that we may learn the ways of love, that we may live with courage and peace. Amen.