

Saturday

Please take some time today to pray about the trajectory of your heart and relationship with God. Ask God to keep you aware of the state of your heart. Pray that you will hold your heart with an open hand and allow God to both mold you and give you the deep, soul rest you need. Also pray for the weekend services. Pray that God will continue to use this series to encourage those who hear!



Lightening Your Load

MAY 26 & 27, 2012 • MARK SPURLOCK

Big idea:

If I want Jesus to _____,
I must be willing to let Him _____.

Four simple prayers for all who want lighter loads...

1. "Jesus, please give me a _____."

Then Jesus began to denounce the cities in which most of his miracles had been performed, because they did not repent. "Woe to you, Korazin! Woe to you, Bethsaida! If the miracles that were performed in you had been performed in Tyre and Sidon, they would have repented long ago in sackcloth and ashes. But I tell you, it will be more bearable for Tyre and Sidon on the day of judgment than for you." *Matthew 11:20–22*

2. "Jesus, please give me a _____."

And you, Capernaum, will you be lifted up to the skies? No, you will go down to the depths. If the miracles that were performed in you had been performed in Sodom, it would have remained to this day. But I tell you that it will be more bearable for Sodom on the day of judgment than for you." *Matthew 11:23–24*

At that time Jesus said, "I praise you, Father, Lord of heaven and earth, because you have hidden these things from the wise and learned, and revealed them to little children. Yes, Father, for this was your good pleasure." *Matthew 11:25–26*

"All things have been committed to me by my Father. No one knows the Son except the Father, and no one knows the Father except the Son and those to whom the Son chooses to reveal him." *Matthew 11:27*

(See also: *1 Corinthians 1:18–31*)



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3. "Jesus, please give me a _____."

"Come to me, all you who are weary and burdened, and I will give you rest."

Matthew 11:28

4. "Jesus, please give me a _____."

"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 11:29–30*

Daily Meditations

Monday

Please read Matthew 11:20–30. What did you learn about God's rest for you in last weekend's sermon?

Take some time to today to talk to God about the state of your heart. Are there areas where your heart has become hard?

How has this become a weight for you?

How about for those around you?

Thank God today that He provides you with soul rest. Talk to God about the state of your heart. Ask God to work on your heart this week as you study Matthew 11. Pray that you'll be secure in God's love and ready to surrender your heart to His care.

Tuesday

Please read Proverbs 4:23 & Matthew 11:20–22. What keeps you from asking Jesus to soften your heart?

What did you learn in last weekend's sermon that has motivated to you ask Jesus to soften your heart?

What does it mean to "guard your heart"?

How does guarding your heart help you remain willing to let Jesus soften your heart?

Thank God today that He cares for you and can be trusted. Pray that God will give you wisdom to know how to guard your heart and keep it soft to God and others.

Wednesday

Please read Matthew 11:23–27 & 1 Corinthians 1:18–31. The final line of that Corinthians passage is difficult to live out: "Let the one who boasts boast in the Lord." Think about a situation recently where you struggled with pride or wanting credit. What would it mean to "boast in the Lord" in that situation?

How would that impact your heart?

How could asking Jesus for a humble heart lighten the load of your life right now?

Thank God today for the privilege of knowing Him. Pray that God will remind you to boast in Him at every opportunity you have. Ask God to give you a growing desire for a humble heart.

Thursday

Please read Proverbs 3:5–6, Matthew 11:28 & Luke 12:34. In what area(s) of your life are you struggling with the willingness to come to God?

In what way does the soul rest Jesus is offering appeal to you? In what way does it scare you?

Thank God today for His love for you and His desire for you to rest. Pray that you will have a willing heart to rest and grow in the ways God wants you to.

Friday

Please read Proverbs 21:2 & Matthew 11:29–30. What do you think Jesus wants to teach you?

What discourages you from being teachable?

How can that harden your heart?

How could learning from Jesus ease your sense of busyness and burnout?

Thank God today for the soul rest He provides. Pray that you will have a teachable heart and pray that God will use you to point others to His soul 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 11:29–30