

BIBLE TEACHING AND WORSHIP GUIDE



FOR THE HOME-BASED CHURCH

Produced Weekly

Invited to Come
Matthew 11:2-6, 16-30; 12:15-21

Copy this sheet for the Gathering Time, Bible Study, and Worship Experience leaders for the next meeting of the church.

Leaders' Responsibilities:

Important: Each person who will be leading one of the three parts of a session during a Unit of sessions needs to have access to the "Basic Information for Leading the Unit of Study". That information is often provided at the beginning of that Unit of sessions. The weekly session "Background" located in the Teacher Preparation is much more specific to that day's study.

1. **The Gathering Time Leader** will gather all of the people together and help them prepare their minds and hearts for a wonderful worship experience before God. His/her responsibility is to introduce the congregation to the theme (content) and the Scripture that will be central to their worship experience for the day.

2. **The Bible Study Leader** will then help the people understand what the Scriptures have to say and teach us about the content of the study for the day. He/she will guide the people to make a general application of the study (ie: How does this Bible study apply to people today?)

3. **The Worship Time Leader** has the responsibility to use the theme and Scriptures to guide the congregation to make personal commitments to God's will for each one in regard to the study for the day. He/she will use others to lead in the music, taking the offering, ministry moment comments, and other activities and parts of the **Worship Time** that can aid in participatory worship.

Prior to this Coming Session:

Gathering Time Leader:

Have a collection of invitations to use in introducing today's letters. These may include invitations to birthday parties, weddings, anniversary celebrations, and graduations as well as invitations to buy a product, attend a meeting or invest in a retirement home.

Bible Study Leader:

Have a large sheet of paper or a whiteboard to use in making two lists. One will read **Jesus' Identity** and the other will read **Response to Jesus' Identity**.

Ahead of time, ask someone who will be participating in the Bible study to research and, in class, briefly share differences in wedding ceremony and marriage customs from two or three cultures different from those normally experienced in your culture.

Worship Time Leader:

Invite a child or youth to read Matthew 11: 28-30 which is printed at the end of this session. Give the reading to the designated person ahead of time and encourage them to read with clarity and emphasis.

Music Sources:

Wherever He Leads I'll Go, *The Worship Hymnal* #437; CCLI #25914

Softly and Tenderly, *The Worship Hymnal* #414; CCLI #28380 Public Domain

Trust & Obey, *The Worship Hymnal* #500; CCLI #3273472 Public Domain

Gathering Time: (Suggested time: 15 minutes)***Invited to Come*****Focal Text**

Matthew 11:2-6, 16-30; 12:15-21

Background Text

Matthew 11:2-12:21

Main Idea

Jesus, who is God's Son and the Servant Messiah, invites people to come to Him in humble trust.

Question to Explore

What is revolutionary about the invitation of Christ?

Teaching Aim

To help the class clarify who Jesus is and respond to Him in humble trust.

Gathering together:**Sing *Wherever He Leads I'll Go***

Pass around a variety of invitations. These may include invitations to birthday parties, weddings, anniversaries or invitations to buy a product or attend a meeting or invest in a vacation home.

Direct the discussion to think about and share meaningful invitations the group has received in their lifetime.

Today we will focus on the characteristics of Jesus as He explained them to John. John had been in prison most of Jesus' ministry and He needed reassurance that the one he had proclaimed as the one who would baptize with the Holy Spirit and with fire was Jesus. (See Matthew, Chapter 3). Jesus includes in this passage his beautiful invitation to come to Him and to rest. ***"Come to me, all who are weary and heavy-laden, and I will give you rest"*** are certainly some of the most beautiful words of the Bible. May they comfort and sustain us anew as we study and worship today.

Closing the Gathering Time:

Take time at this point to mention items of prayer concern for the church, announcements of ministry or activities, and anything else that needs to be shared with or by the congregation. Pray for these needs. Remember to praise God in prayer.

Break time! Take five minutes between sessions. Encourage children to use the washroom so that they won't need to leave during the Bible Study time.

Distribute youth/adult Bible study outlines or paper for note-taking, if available.

Also hand out the activity sheets for preschool and younger children to use during Bible Study and/or worship.

Note to the Bible Study Leader: Suggested teaching time for the Bible study should be about 35 minutes. Use the “Teacher Preparation” for your personal study during the week before the session. Use the “Bible Study Plan” for the actual session.

Teacher Preparation

Invited to Come

Focal Text

Matthew 11:2-6, 16-30; 12:15-21

Background Text

Matthew 11:2-12:21

Main Idea

Jesus, who is God’s Son and the Servant Messiah, invites people to come to Him in humble trust.

Question to Explore

What is revolutionary about the invitation of Christ?

Teaching Aim

To help the class clarify who Jesus is and respond to Him in humble trust.

Introduction to your personal study:

As a newlywed, I moved across country begin a new life with my husband. While it was lonely at times being two time zones away from my family, we were blessed to be embraced in the loving fellowship of a local church. A couple of months after we had moved in, I received a call from a new friend from our church. She began the conversation by saying, “I don’t know how you feel about parties, but . . .” “well, I got really excited thinking I was going to get to go to a party! Then she went on to explain the type of party she meant was an in-home sale. Boy was I disappointed; it was an opportunity to meet some other gals but not exactly what I had anticipated when she said, “party”. In this study we are going to explore another type of invitation. Jesus invites us to join Him on a life changing adventure. May God open our eyes and hearts to respond to His invitation.

Background:

Please ask for and read the information contained in the “**Basic Information for Leading the Unit of Study**”, found at the beginning of this Unit. Whoever downloaded this session for you should have that material for you, as well.

Today’s study is part of the second major discourse in the book of Matthew which focuses on the mission of Jesus’ disciples. You may want to review the background study in the Bible Teaching Guide from Session 5 “Commanded to Go” for more information on the book of Matthew.

Focusing on the Meaning:

John’s Question, Jesus’ Response (11:2-6)

11:2-3 Chapter 11 of the book of Matthew narrates the beginning of Jesus’ Galilean ministry. Jesus has just instructed his followers on the meaning of discipleship. John the Baptist, imprisoned by Herod, sends word to Jesus asking Him, “Are you the one who was to come . . .?” Two themes arise from this passage: Who are You, Jesus? and, Who comes to understand it?

At first blush one is shocked to think that John could be questioning Jesus’ identity. After all John is the same “**voice calling in the wilderness**” who baptized Jesus at the beginning of His ministry. (Matthew 3:3-15, Isaiah 40:3). A careful reading of Matthew 11:2 reveals that John was prompted to ask his question when he heard reports of what Christ was doing. Although he was present at the beginning of Jesus’ public ministry, John had spent almost Jesus’ entire ministry in prison. (Matthew 4:12). John’s disciples reported Jesus’ activities to him, yet apparently he was unsure if Jesus was in fact the coming Redeemer.

John asks “**Are you the one who was to come, or should we expect someone else?**” John’s life and ministry testified to his belief in the One who was to come. John had fervently preached that One would come after him who was more powerful, whose sandals John was not fit to carry. (Matthew 3:11).

11:4-5 What had Jesus been doing? Matthew chapters 5-7 record that Jesus spent the majority of His time teaching the disciples and expanding His ministry. Matthew records Jesus performing many miracles in chapters 8 and 9. In response to John’s question Jesus described His activities in more detail. His specific ministry mirrored that prophesied by Isaiah: the Messiah would open the eyes of the blind, the ears of the deaf and heal the lame and mute. (Isaiah 35:5-6, 61:1). Beyond this Jesus also cleansed lepers and raised the dead. (Matthew 11:4-5). Jesus, in His unique way, is defeating evil and ushering in the kingdom before the eyes of His followers.

11:6 Jesus’ gentle warning in this verse anticipates that some may “**fall away**” because His messianic activity just isn’t all they expect. Contrasted with Jesus’

ministry, John's message was one of imminent blessing and judgment. (Matthew 3:8-10). Perhaps John is concerned that he is not hearing more of the words of judgment. Jesus' reference to the Messianic passage in Isaiah underscores His view that He is fulfilling the messianic promises through His miracles and by preaching the good news to the poor. Jesus gives His blessing to those who embrace a servant Messiah rather than demand a militant conqueror.

Unsatisfied generation (11:16-19)

11:16-19 Kids often criticize their playmates for not playing "the right way." Here, Jesus compares this generation to children arguing about the right way to play "wedding" and "funeral." Like kids whining about others not doing it right, both John and Jesus were criticized for their very different lifestyles. Jesus' condemnation of His generation strikes close to home. Many in our generation love to feel self-righteous. However they are less enthusiastic when their faith requires them to be compassionate to another. The bottom line Jesus concludes is that ***"wisdom is proved right by her actions."*** (Matthew 11:19). John's message and lifestyle emphasized the need for repentance. Jesus' message and lifestyle celebrated the message of hope for those who had followed John in repentance.

Condemnation for Unrepentant Cities (11:22-24)

11:20-22 In each of these two series of warnings Jesus uses the same sequence: warning, explanation and comparison. Jesus performed the majority of His miracles in these cities. Yet the people had failed to repent. The first two cities are near the Sea of Galilee. Bethsaida was the home of Andrew, Peter, and Philip. Jesus specifically condemns Capernaum which was His ministry base. (Matthew 4:13). The self-exultant Babylon was destroyed (Isaiah 14:13-15). Similarly Jesus warns that Capernaum will be brought down to depths. Because the citizens of these cities had witnessed first hand Jesus' ministry, their condemnation is much worse than the pagan cities which had no first hand knowledge. God knows what Tyre and Sidon would have done under the same circumstances. This is a sobering thought: Punishment on the Day of Judgment takes into account opportunity.

Mystery of God's Revelation (11:25-27)

11:25-27 In the face of opposition and His rejection by those who witnessed His miracles, Jesus praises God. God in His all-knowing wisdom has revealed truth to those who are humbled before God. He has also withheld His revelation from the wise and intelligent who felt secure in their own mistaken knowledge. God's decision to withhold revelation is an act of judgment. At this point in His ministry, even Jesus' own disciples haven't grasped the fullness of His message. Jesus declares Himself to be the "Son." He is the exclusive agent of the Father's revelation.

Blessed Invitation (11:28-30)

11:28-30 Jesus now issues His much loved invitation to all who are worn out. His rest is relief from the many burdens that cripple believers such as anxiety, frustration, feeling of hopelessness and futility and the lonely misery of sinners struggling to live in a sinful world. We live in such goal oriented society that often we find ourselves caught up in the fallacy that our maturity in Christ is in proportion to how hard we work at it. Yet He calls us to rest in Him, to release our struggles to Him. He doesn't call the wise and learned to come, but those who are so worn out by doing all the "dos" we have defined as necessary to the Christian life. It is so easy to become a Martha that we become too busy to sit at Jesus feet and listen to Him. (Luke 10:38-42).

As we learn to rest in Jesus we can know the discipline of discipleship, learning of Jesus. (Matthew 11:29). He is not about endless studies and oppressive schedules but He is gentle and humble in heart. In His presence we will find rest for our souls. We can trade the oppressive yoke of legalism for the ease of His yoke, as we learn to become more like Jesus. (Matthew 11:30) The goal is not that we follow all the rules correctly, but that we grow in our relationship to the Saviour.

God's Beloved Servant (12:15-21)

12:15-21 Matthew records that Jesus was aware of the Pharisees' plotting to kill Him because He had dared to heal a man on the Sabbath. In fact because of this development, He withdrew from that place. His ministry continued but now He warned those He healed not to reveal His identity. His time had not yet come. (See John 2:4) Matthew then quotes from Isaiah 42:1-4. This passage describes the gentle Servant chosen by God to proclaim justice to the world. In Him the nations - all people - will put their hope. This is a very different Messiah than the conventional first century image of a warrior king. He envisions no boisterous ministry. In fact He is the antithesis of a charging victor.

Jesus invites all those weary travelers who are burdened by their cares to come to Him. He promises His rest. We are to sit at His feet and learn of Him, for there will we find rest for our souls.

Your Goal as Leader of the Bible Study:

Jesus, the very revelation of God, invites us to come to Him. Through Him, and only through Him, will we come to know the Father. What a wonderful invitation He extends to us!

For Personal Reflection:

What have I learned from this study?

What personal experience does this lesson bring to mind?

What is one action I will take this week to apply this Scripture passage to my life?

Bible Study Plan (Suggested time: 35 minutes)

Invited to Come

Regroup the church after the Gathering Time and break by singing a chorus that young children can relate to—or another praise chorus if your congregation does not have children. Children who go to their own Bible teaching session should stay with the group until after this song. Have the preschoolers and children accompany the hymn with rhythm sticks, maracas, bells, etc.

Begin by helping the group locate the Focal Text in their Bibles. Also, share with them the Main Idea to be learned from the Scriptures, and the Questions to be Explored by the group.

Focal Text

Matthew 11:2-6, 16-30; 12:15-21

Background Text

Matthew 11:2-12:21

Main Idea

Jesus, who is God's Son and the Servant Messiah, invites people to come to Him in humble trust.

Question to Explore

What is revolutionary about the invitation of Christ?

Teaching Aim

To help the class clarify who Jesus is and respond to Him in humble trust.

Connect with Life:

Begin with this commentary: We receive invitations daily - invitations to celebrate special events, like weddings; invitations to join social clubs. We are bombarded with invitations to buy the newest, latest hottest items on the market. Today we are going to explore an invitation that can change our lives.

Set today's study in the context of Jesus' second major teaching theme in the Book of Matthew.

Tell the group: This teaching comes at the beginning of Jesus' public ministry in Galilee and focuses on our mission to the world and discipleship.

Guide the Study:

Have someone read Matthew 11:2-3.

Make two columns on a marker board or flip chart. Label one column: "Jesus' Identity." Label the second: "Response to Jesus' Identity." Under Response to Jesus Identity write or have a volunteer write "Matthew 11:2-3 - John's question: **"Are you the One?"**"

Briefly review to your group John the Baptist's ministry using the material from the **Teacher Preparation** section.

Ask: From our reading today what prompted John to ask his question? (He had heard reports about Jesus' ministry)

Have someone read John's prophecy in Matthew 3:11.

Explore with the group John's probable feelings after being imprisoned nearly all of Jesus public ministry.

Inquire: What kind of deliverer do you think John was expecting? Explore with the class whether it is a sin to doubt.

Say: The Holy Spirit can use our questioning to bring deeper growth and stronger faith.

Seek a volunteer to read Jesus' response to John in Matthew 11:4-5.

Note how Jesus fulfilled and exceeded the messianic prophecy from Isaiah 35:5-6, 61:11.

Now, contrast Jesus' ministry with John's.

Discuss John's message found in Matthew 3:8-10. Note that Jesus' message is one of healing and preaching good news to the poor. Ask for responses from these verses about Jesus' Identity. (Examples: Matthew 11:4-5 **healer, preacher of good news**).

Write or have a volunteer write the responses under the heading, **"Jesus' Identity"**.

Have someone to read Matthew 11:6.

Ask: Why would some "fall away" because of this message?

From the group, look for examples of ways God may have worked in the lives of class members in ways they did not expect or anticipate.

Have someone read Isaiah 55:8-9. Help the class relate the passage to the group discussion.

Ask a volunteer to read Matthew 11:16-19.

Say: We learn so much about culture from wedding and funeral customs.

Note to Leader: Ask someone ahead of time to share unusual experiences relating to wedding and funeral customs or be prepared to share yourself. Have them do it at this time.

Comment that John's austere lifestyle had angered people because he refused to "dance to their music".

Add: Conversely, Jesus' joyful attitude toward life annoyed those who viewed religion with a sombre funeral-like atmosphere.

Discuss which approach you are more comfortable with.

Under "Responses to Jesus' Identity" write or ask someone to write: **"Matthew 11:16-19 This questioning generation."**

Now, under "Jesus' Identity" write: **"Matthew 11:19 Friend of tax collectors and sinners".**

Read Matthew 11:20-24.

Ask: What would Jesus say to our city?

Also ask: What is our corporate responsibility?

Again, under "Responses to Jesus' Identity" write or ask someone to write: **"Matthew 11:20-22 Unbelieving cities".**

Ask someone to read Matthew 11:25-27.

Note that God has committed all things to Jesus. Reflect about to whom God had chosen to reveal the truth and those to whom He has withheld that revelation.

Ask for responses to Jesus' Identity from these verses. Examples: **He is the only One who knows the Father, the One who knows all things.**

Write or have someone write the responses on the chart under "Jesus' Identity".

Under “Responses to Jesus’ Identity” write **“Matthew 11:25-26 Understood by little children, hidden from the wise”**.

Invite a volunteer to read Matthew 11:28-30.

Ask: What do we find burdensome about our faith? Allow time for response.

Then investigate this with the group: How can we exchange the heavy yoke of legalism for His yoke of ease?

Explore what it means to take His yoke and learn of Him.

Urge the group to share information from these verses to write under “Responses to Jesus’ Identity”. Examples: **“Matthew 11:28-30 The weary and heavy laden”** Write the responses on the chart.

Ask someone to read Matthew 12:15-21.

Summarize Jesus’ dramatic display of His Lordship over the Sabbath found in the first fourteen verses of Matthew chapter 12. Note that the Pharisees were more concerned with keeping the letter of the law than with delivering a man from a lifetime of suffering.

Ask: What type of Saviour do we want? Explore what is meant by the bruised reed and smouldering wick?

Look to the learners for information these verses provide as to Jesus’ Identity. Examples: **Spirit-filled Servant. Source of hope.**

Encourage Application:

If you have two or more youth, this is the time to give them the **Youth!!! Take Ten** page and allow them to move away from the adults and apply the lesson by and for themselves.

Now say: Who is Jesus? He is our only source of knowledge of the Father. He is one who deeply desires our friendship, in spite of our failures. Jesus is the One who comes to each of us in our weaknesses and poverty of spirit. He is the Spirit-filled Servant who ministers to our deepest needs. Hear Him call to us to come: if we are weary and burdened He will give us rest. He has chosen to reveal the Father to us, we can learn from Him and in that learning we will find rest for our souls.

Close with a brief prayer thanking Jesus for encouraging us to work toward being like he is.

Take a five minute break to separate the Bible Study and Worship Time. Children may need to use the washroom again before worship.

Youth!!! Take Ten

Bible Study Application for Youth

You may wish to move away from the adults for the final five to ten minutes of the Bible study and help each other as youth to apply the lesson to your own needs.

Invited to Come

Matthew 11:2-6, 16-30; 12:15-21

A youth will lead the following activity and comments. No adults need to be present. If possible, teens should take turns in leading the application time.

Jesus' Very Strange Comment

In verse 25 of Matthew, Chapter 11, Jesus says, ***“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.’”***

You live in a world of school where grades and learning are of utmost importance.

What could Jesus have meant by His strange statement?

What was He saying to the people of His time?

What could He be saying to people today?

Worship Time (Suggested time: 30 minutes)***Invited to Come*****Matthew 11:2-6, 16-30; 12:15-21****Beginning the Service:**

Have the following Scripture read clearly and meaningfully by a child or youth.

***Come to Me,
all who are weary and heavy-laden,
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 shall find rest for your souls.***

***For My yoke is easy,
and my burden is light.***

Matthew 11: 28-30

Sing **Softly and Tenderly**

Offering:**Praying for the World:**

Imagine witnessing a church-multiplication movement so rapid that more than 5,000 people pray to receive Jesus and more than 150 house churches are birthed – all within one year. Thank the Lord that this has happened in a megacity and pray that it may happen in many other large cities in the year to come.

Sharing Guide:

This sharing guide is written to assist the person who directs the worship time to reemphasize the teaching for the day and help guide the congregation to respond to God's call and will for their lives in regard to the scripture studied. The leader may choose to follow the guide closely. Or, he or she may wish to only use it to give direction and a concept for preparing an original message. The leader is free to choose other ways to communicate and share the concepts presented here.

You Have Been Invited!

Matthew 11:28-29

Introduction:

"You have been invited." What exciting words to hear or to read. Immediately our eyes scan the rest of the invitation to see who is getting married, where and when, or who is graduating from college. It may be an invitation to a reunion of classmates. It could mean a fine dinner in honour of a notable person. Immediately we begin to plan on what we shall wear or organize a trip to the hair dresser. We like getting invitations! When others receive an invitation, and we do not, we are hurt and perhaps begin to plot how to get even!

In The Gospel According to Matthew, 11:28-29 another invitation is extended. Listen to the translation of Eugene Peterson's **The Bible in Contemporary Language**:

"Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you will 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."

1. The invitation to come to Jesus means joining Him in his mission

This invitation is to come to Jesus, and it comes at the end of a long chapter on heavy burdens and loads people were carrying around when Jesus walked among them. The invitation to come to Jesus was not clearly understood by many in his day. Even John the Baptizer, though he pointed to Jesus as the one who takes away the sins of the world, wasn't sure he had the right man: Jesus was a puzzle to John and caused doubts.

A. John the Baptist had already seen and heard Jesus, had baptized him, had gone to jail for him, yet he came to have doubts.

B. Jesus just wasn't what John expected him to be and didn't do the things he hoped the Messiah would do when he came. So he needed further proof; he

needed assurance from the mouth of Jesus that he had invested his life's work for the right person, God's Messiah.

C. John knew that an invitation from Jesus was an invitation to join him in his mission to the world. Rather than giving John a theological answer to his question, Jesus told John's disciples to look around and see what Jesus was doing. Of course, John had already heard what Jesus was doing, and that was what troubled him. Jesus was doing the very things that had been left undone by the religions of the world: ***"The blind receive sight, the lame walk, those who have leprosy are cured, the deaf hear, the dead are raised, and the good news is preached to the poor."*** Again, Peterson is helpful on this last phrase: he renders it: ***"...the wretched of the earth learn that God is on their side"*** (Matthew 11:4-5).

This invitation, then, is to come and see, try it out, live with Jesus for awhile, and walk with him. You will find that he will not lay on you anything too heavy, a load you cannot carry. With his help, you can live a life that will not disappoint.

2. The invitation to come to Jesus offers a life time of learning.

The invitation comes with a lesson about what it means to come to Jesus. ***"Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest."*** Take my yoke and learn from me. Even young children go to school; adolescents work hard in school in order to be admitted to higher levels of education. University students are challenged by new and stimulating subjects. Middle-aged persons often return to school to learn more about their areas of expertise or to become familiar with a completely different set of skills. Older people may begin entirely new avenues of learning such as computer skills or art lessons. But even more than in the secular world, the life of following Christ is a life of learning. Becoming like Christ is a forever learning experience.

3. The invitation to come to Jesus will not be accepted by everyone who hears it.

Witness the harsh words spoken by Jesus to Chorasin (or Chorazin), Bethsaida, and Capernaum. He said that the residents of these thriving, active, centers of culture were doomed because they did not come to him even after some of his mightiest deeds were done there.

It takes more than a wish, more than even a prayer for some unsaved person, to see them accept the invitation to come to Jesus. The writer of today's lesson has been praying for one man for almost fourteen years, and he still hangs on to his first love: money and its power. Another man will make every excuse for not getting involved in bible study, even though he is a church member. He has failed to understand the joy of learning to become like Jesus.

But Jesus gives a stern warning to those who will not come to him, walk with him, and work with him. ***“Woe to you....”*** Jesus said to the cities in his neighbourhood. ***“It will be more bearable for the (heathens) on the Day of Judgment than it will be for those who have heard the invitation, even marvelled at it, and refused it.”***

Call to Commitment:

A familiar hymn comes to mind: “When we walk with the Lord, in the light of his word, what a glory he sheds on our way.” Accept the most gracious invitation that will ever come your way, via airmail, e-mail, horseback, or on foot. Jesus says: ***“Come to me, all who are tired and carrying heavy loads and I will give you rest.”***

Concluding the Service:

Sing Trust and Obey

Read again the words of Matthew 11: 28-30. You may ask the same person who read in the introductory period to read again to close the service.

**Come to me,
all who are weary and heavy-laden,
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 shall find rest for your souls.**

**For my yoke is easy,
and my burden is light.**

Prepare copies as needed for those asked to read the passage:

**Come to me,
all who are weary and heavy-laden,
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 shall find rest for your souls.**

**For my yoke is easy,
and my burden is light.**

Matthew 11: 28-30

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Matthew 11: 28-30