



This week's lesson will continue in the theme of World Mandate West from this past weekend. Throughout this weekend, we heard stories of the amazing things God is doing all around the world. Although this was encouraging and stirring for many of us, these messages do not mean much if we do not make space for God in our lives and posture our hearts in a way so that he can work in and through us. This week's lesson, then, aims to help us open up more of ourselves to God.

### **FAMILY TIME**

Take some time to share prayer requests and praise reports with each other and encourage folks to keep praying for each other's prayer requests throughout the week and to believe that these will become future praise reports.

### **WORLD MANDATE REFLECTION**

Give some time to allowing folks to share about what struck them from World Mandate weekend. Encourage all those who were able to be in San Diego in particular to share, although folks may certainly share from World Mandate Sunday as well.

### **BIBLE PASSAGE**

Matthew 11:28-30 was a key passage that one of the speakers at World Mandate West taught on. This will be more like a guided reflection than a discussion-based Bible study.

Start by having someone read the text:

*<sup>28</sup> "Come to me, all you who are weary and burdened, and I will give you rest. <sup>29</sup> 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. <sup>30</sup> For my yoke is easy and my burden is light." (Matthew 11:28-30)*

Then ask each of the following questions one at a time. Make sure to give a few minutes after each question for folks to reflect on their own before having them share with the entire group. Then move on to the next question.

- What does it mean to be yoked to Jesus?
- What are the things that we are yoked to? That is, where do we give the majority of our time, energy, or finances? Or what brings us the most stress?
- What would it look like practically to trade our yokes for Jesus' yoke?

### **SMALL GROUP**

Break up into groups of 3-4 to share more deeply on these reflection questions and to pray for each other to be able to set aside our own yokes and to take on Jesus' yoke for our lives.