

# “Lighten Your Load”

*Matthew 11:28-30*

## 1. Come to \_\_\_\_\_ . *(vs 28a)*

- Isaiah 40:28-31
- The antidote to weariness isn't simply a matter of time management. Nor is it . . .

## 2. Give up \_\_\_\_\_ . *(vs 29a)*

- We have this idea of what it takes to live full lives . . .
- Sound familiar? *(Matthew 10:39)*

## 3. Learn to \_\_\_\_\_ . *(vs 29)*

- What is a yoke?
- Two main benefits of a yoke:
  - 1)
  - 2)

