

# My Yoke Is Hard And My Burden Is Heavy

Matt. 11:28-30; Gal. 5:16-18, 6:2-5; John 8:36; Ps. 32:1-2

*Grace Fellowship Church Independence/ Pastor Eric Northrup / September 12, 2021*

## Three Questions to Ask Yourself:

### 1. What are you carrying in your pack?

**Galatians 6:2-5** “Carry each other’s **burdens**, and in this way you will fulfill the law of Christ. <sup>3</sup> If anyone thinks they are something when they are not, they deceive themselves. <sup>4</sup> Each one should test their own actions. Then they can take pride in themselves alone, without comparing themselves to someone else, <sup>5</sup> for each one should carry their own **load**.”

### 2. Are you staying current with your heart?

**Galatians 5:16-18** “So I say, walk by the Spirit, and you will not gratify the desires of the flesh. <sup>17</sup> For the flesh desires what is contrary to the Spirit, and the Spirit what is contrary to the flesh. They are in conflict with each other, so that you are not to do whatever you want. <sup>18</sup> But if you are led by the Spirit, you are not under the law.”

- Fast and Pray
- Read God’s Word
- Worship
- Take a Sabbath
- Journal
- Workout
- Worship
- Go in creation
- Ask someone to search your heart

### 3. Are you experiencing the deep rest found in Jesus?

**Matthew 11:28-30** “Come to Me, all who labor and are heavy laden, and I will give you rest. <sup>29</sup> Take My yoke upon you, and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls. <sup>30</sup> For My yoke is easy, and My burden is light.”

**John 8:34-36** “...Very truly I tell you, everyone who sins is a slave to sin. <sup>35</sup> Now a slave has no permanent place in the family, but a son belongs to it forever. <sup>36</sup> So if the Son sets you free, you will be free indeed.”

**Psalms 32:1-2** “Blessed is the one whose transgression is forgiven, whose sin is covered. <sup>2</sup> Blessed is the man against whom the Lord counts no iniquity, and in whose spirit there is no deceit.”