

Last week we discussed that the solution to having more time is not having more time but managing the time that God gives us. We are to live wisely and make the most of every opportunity. Have you ever considered that time is a gift from God?

### **Hurry & Spirituality**

1. Jesus had a yoke, a way of reading the Torah. “All rabbis had a yoke. It was that he had an easy yoke.” What does this mean to you?
2. Jesus had talmidin, apprentices. What did it take for the talmidin of Jesus to follow him?

To be a talmidin of Jesus, you had to have 3 basic goals:

1. Be with Jesus.
2. Become like Jesus.
3. Do what he would do if he were you.

Do you ever think through situations in your life asking yourself “what would Jesus do”?

**John 10:10** – Jesus said: “The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.” Who is “the thief” that Jesus is referring to? How does he steal, kill, and destroy?

What does Jesus mean when he says life “to the full”?

What does “life” mean to the world? What does “life” mean to a follower/talmidin of Jesus?

**John 1:4** – John wrote: “In him was life, and that life was the light of men.” “Life” is one of the great concepts of this Gospel. The term is found 36 times in John, while no other NT book uses it more than 17 times. Life is Christ’s gift, and he is “the life”.

What does “life” mean to the world? How does that differ from Jesus’s meaning of “life”?

**Matthew 11:28-30** – Jesus said: “Come to me, all you who are weary and burdened, and I will give you rest.”

Who are the weary and burdened? Why do they not get rest? Why do they need rest?

“Take my yoke upon you and learn from me,”

What is the yoke that Jesus is talking about? How do we learn from him?

“for I am gentle and humble in heart, and you will find rest for your souls.”

Why does Jesus tell us he is gentle and humble?

“For my yoke is easy and my burden is light.”

Why is the yoke of Jesus easy? Why would Jesus’s burden be light if we put on the yoke of Jesus?

### **The Secret of the Living Yoke**

Are we willing to adopt the lifestyle of Jesus?

In order to become an athlete, one must adopt the lifestyle of an athlete. This includes rigorous training and sacrifice. But if the yoke of Jesus is “easy” and the burden is “light”, how are we to take on the yoke of Jesus?

A yoke is an instrument of farming that guides cattle. It is heavy and cumbersome. But the yoke of Jesus is light. He uses it to lead us in the way of a full life.

“Jesus does not offer us an escape from life. He offers us something better: equipment.” As a talmidin of Jesus, we allow Him to lead us at his pace, full of love, joy, and peace.

“An easy life isn’t an option; an easy yoke is.”