



**May 5, 2024**  
**THE EASY YOKE**  
**“An Alleviating Burden”**  
Matthew 11:28-30  
Ryan Lunde  
Young Adults Pastor

There are some situations where an extra \_\_\_\_\_  
is a welcome \_\_\_\_\_.

How is Jesus’s yoke easy and light? → It’s fundamentally more about  
\_\_\_\_\_, than what  
you could ever \_\_\_\_\_.

How do we learn from His yoke? → By \_\_\_\_\_  
more deeply and \_\_\_\_\_ more  
abundantly we are changed to see that \_\_\_\_\_.

Why are the overworked and overburdened the ones who are invited? →  
They’re the only ones who \_\_\_\_\_ the invitation.  
\_\_\_\_\_

You scorn help when you have \_\_\_\_\_. But you  
gladly receive it when you have \_\_\_\_\_.

Are you going to \_\_\_\_\_ on your own or  
are you going to \_\_\_\_\_ to the One who has  
\_\_\_\_\_ on your behalf?

Need more room to add notes? See the back side of this sermon outline.  
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**Additional sermon notes ...**

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There are some situations where an extra **weight** is a welcome **relief**.

How is Jesus's yoke easy and light? → It's fundamentally more about **what He has done (and is doing) for you**, than what you could ever **do for yourself or for Him**.

How do we learn from His yoke? → By **receiving grace** more deeply and **experiencing the fruit of obedience** more abundantly we are changed to see that **Jesus' way is better**.

Why are the overworked and overburdened the ones who are invited? → They're the only ones who **truly comprehend** the invitation.

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You scorn help when you have **a swagger**. But you gladly receive it when you have **a limp**. Are you going to **struggle and suffer** on your own or are you going to **surrender** to the One who has **struggled and suffered** on your behalf?