

# WORSHIPPER

<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:

## Three Key Practices

### 1. Turn to Jesus

“Come to Me, all you who are weary and burdened, and I will give you rest.” ~Matthew

“...but those who hope in the Lord will renew their strength...” ~Isaiah

### 2. Give up Control

“Take My yoke upon you...” ~Matthew

“Cast your cares on the Lord and He will sustain you.” ~Psalm

When I am yoked with Christ, I move in the same **direction** and the same **pace** with Christ.

### 3. Learn to Trust

“Learn from Me, for I am gentle and humble in heart, and you will find rest for your souls.” ~Matthew