

2026 02 22 / Matthew 11:28-30
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Unforced Rhythm of Grace

Matt 11:28-30 (MSG) “Are you tired? Worn out? Burned out on religion? Come to me. Get away with me, and you’ll recover your life. I’ll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won’t lay anything heavy or ill-fitting on you. Keep company with me, and you’ll learn to live freely and lightly.”



I have here the most recent report from the new research of Harvard Business Review. It shows that the speediness of AI doesn't reduce our workload at all. It lets us work longer and harder. The study shows how AI changed their habits. Workers did complete tasks faster. But instead of logging off earlier, they took on more assignments and widened their scope of responsibility. Many extended their hours, filling the time AI saved with additional output. Employees also reported taking fewer breaks and experiencing a growing pressure to produce more and more.

Apparently, it is already happening in San Francisco, where 12-hour days and no weekends are becoming standard. Obviously, it threatens our health - increased risk of cardiovascular disease, structural brain changes, metabolic, and immune health decline. Work drives us like compulsive people.



I knew a psychology student who was experiencing immense stress due to the uncertainties of his future. He couldn't sleep at night, constantly planning for a second job in case his career as a psychologist didn't take off. He was also worried about losing his job, which left him in a state of fear, almost in panic mode.

We know very well that our human life is very much connected to deep fear. The fear of life is so deep. What is behind those attitudes? It is about fear of enough-ness. It is hiding some questions such as do I have enough? Am I doing enough for me and my family? What if I lose my job? Will God provide for me enough?

How is your life? Some of us are working; some of us are retired, so the retired people can more or less comfortably manage and control their lives more than before. However, one of my retired pastor friends said, After retirement, I am more busy than being a pastor. And she laughed a lot.

Not only does the issue of sufficiency cause fear. All human beings possess fear within us. And regularly, we encounter valleys in our lives, whether it's sickness, relationships, or any other form of fear until the end of our journey. This is because we live in the Land of Lot, the Eastside of Eden, which means the land of Exile.

We attempt to control the situation and life in this land, where there is no peace within us. When we strive to do things in our own strength, it means that we lack trust in the Lord. The spirit of the world will never allow us to find rest and never let us live in the balanced rhythm of life. So, Jesus invites us, and speaks to us, saying,

“Come to me, all of you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, because I am lowly and humble in heart, and you will find rest for your souls.”



First, we might know well the word ‘yoke’, however we need to explain it again. The word means a farming **implement that joins two animals** such as oxen together so that the animals can share the workload evenly and become more productive.

But in Jesus’ time there was another common usage of the word “yoke”. It meant the continuous demand of religious law, commandments, and regulation that was made upon people in every action and activity of life.

They had 613 laws to keep, laws which relate to the 10 commandments. In Jesus’ time, it was the stress and burden of their lives, which hard workers found it nearly impossible to keep the 613 commandments. They felt guilty.

In our days, we feel guilty naturally because God created us to feel guilty when we live in sinful ways outside of the Lord in a positive sense. Guilt is there to help us to walk in the way of the Lord. Of course we should not stay there! We have fear of insecurity, heaviness, tiredness, and weariness of life. We are misguided by the spirit of the world that it could be cured by accumulating wealth. Heaviness of life drives us more and more into work, which threatens our entire well-being.

Let’s see how we can start to relax from the fear and stress of life. When it starts to choke your heart, then at first, spot the fear and stress in your heart. And very concretely, shake your shoulders and neck. And take a deep breath, and invite the spirit of Jesus, the Holy Spirit. Hold the mighty Jesus’ name in your heart. Speak and hold the word of truth in your heart. And stay there for several minutes.

Do you know how many seconds people can stay in silence? Average, 9 seconds. Of course, it is longer than 2 seconds, but it is not enough at all. Stay away from the moments, take a deep breath, and look for the presence of the Holy Spirit for several minutes. It will change everything. It is only through deeper revelation of God’s love that fear will yield.

Jesus invites us to embrace his yoke, a yoke that is easy and light. This yoke signifies entering into submission to his Spirit and embracing his love. While fear compels us to act, love enables us to patiently wait, rest, trust God’s guidance, and fully comprehend that without Him, we are powerless. With love, we acknowledge our weaknesses and humbly invite Him to be our source of strength.

Jesus made an incredible offer. We must come to learn, willing to be guided by His yoke, His love. Work is good, and it should be a rhythm that energizes and brings us joy. Jesus wants us to learn from Him in a continuous relationship. If we allow Him, He will equip us, teach us, and guide us to be effective in life and service.

How will He lead us? By the Holy Spirit! When we are willing to be guided by His Spirit, we are truly liberated from the stress, the consciousness of how others perceive us, and the fear of not having enough wealth to survive.

How is it possible? The forced rhythm of the world will crush us! When we walk under His yoke, we can learn this new law, being directed by “the unforced rhythm of grace.” That fulfills our life, that frees you from the worldly spirit, that will perfect the laws of God at the same time.

As followers of Christ, we need to learn to be guided by the HS, motivated by the Holy Spirit, and animated by the HS. We must learn how to be led by the HS. We need to learn how to be filled with the HS.



Being filled with the HS does not mean that we are filled in the same way that a cup is filled with water. Instead, we are filled in the same way that sailboats are filled with fresh air. The filling of the sails by the wind causes action and movement in our life, always desiring to head in the direction that the wind is blowing. Thus, the meaning of being led by the HS becomes clearer. In this picture, all the translations make more sense. When you are filled with the HS, there is no more you but only the power of the wind. The power lets you be free from yourself who wants to control your life situations. You are free from stress, fear, worry and also free to love. You are now under the full power of the Holy Wind that

cannot co-exist with the evil things and sinful lifestyle of the world. Your boat goes inevitably toward the direction of God. What fantastic imagery! We should all want to live this free and wondrous life bearing the fruit of the Holy Spirit naturally. To allow the HS to work freely in our lives in the power of the rhythm of grace, we need to have the yoke that is well fitting. Perfectly fitting!

Good life is to look for God above all else, and slow down our tempo regularly, and invite the Holy Spirit to the moment, so that the moment may be filled in the gentle, pleasant, caring force of grace! You can get through the stressful moment with the help and wisdom of the Lord.

Set aside the time with God at the beginning of the day. Everyone must face subtle or clear battles daily. The Lord will map the day, and give you a schedule, and let you do what you need to do. It is what I experience daily. Let Jesus become your scheduler. This way of invitation will direct you to peaceful, and balanced way of life. The direction that fulfills your life, and fulfills the idea of Shalom where body, mind, and soul are balanced well, the peace in your body, heart, and mind and soul.

If you do not limit the Holy Spirit, your life will be restored. Your family and those you love will be restored. You will find back what has been lost. Your mind and heart will be restored. It will restore your dreams. The Spirit will fulfill those desires within you and bring them to completion. You will touch the lives of others. You will see the way of God is perfect and the love of God will restore your life.