

Sunday, April 19<sup>th</sup>, 2026  
Sermon Series: “Living Hope.”  
“Hope and Discouragement.”  
(Easter)

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“Yokes” and “Burdens” ... Discouragement

*Matthew 11.28 Come to me, all who **labor** and are **heavy laden** and I will give you rest.*

κοπιᾶω (*koḗō*): “To be weary” (Lose heart)

φορτίζω (*phortizō*): “To load upon” (Overwhelm)

**Jesus’ Invitation...R.E.S.T.**

**R** \_\_\_\_\_.

*Matthew 11.29a Take my yoke upon you, and learn from me...*

**E** \_\_\_\_\_.

*Matthew 11.29b-30 ...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.”*

χρηστός (*chrēstos*): Lit, “Good” (for a purpose) “Well Fitting”

*Matthew 11.28-30 “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.”*

**S** \_\_\_\_\_.

*1 Peter 5.6-8 Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you, <sup>7</sup> casting all your anxieties on him, because he cares for you. <sup>8</sup>Be sober-minded; be watchful. Your adversary the devil prowls around like a roaring lion, seeking someone to devour.*

**T** \_\_\_\_\_.

*Isaiah 40.28-31 Have you not known? Have you not heard? The LORD is the everlasting God, the Creator of the ends of the earth. He does not faint or grow weary; his understanding is unsearchable. <sup>29</sup>He gives power to the faint, and to him who has no might he increases strength. <sup>30</sup>Even youths shall faint and be weary, and young men shall fall exhausted; <sup>31</sup>but they who wait for the LORD shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint.*

*(Answers: Relationship. Encouragement. Security. Truth).*