

Church at Home for Abridge 17

Sunday 5th July 2020

Proper 9



Take my
yoke upon
you, and
learn from
me.... For
my yoke is
easy, and
my burden
is light -
Jesus

Further resources for worship and reflection

HYMN [Come, Now is The Time to Worship](#)

OPENING PRAYER (Lectio 365).

As we enter prayer now; let us forget the hustle and bustle of our busy lives; let us pause to be still; to breathe slowly; to re-centre our scattered senses upon the presence of God.

God of welcome, You invite me into Your family. I sit at Your table and savour Your word to me. Help me receive all the nourishment You have for me today. **AMEN**

Reading Mathew 11:16-19, 25-30

An interesting fact:

In the early days of automobiles, it was common for eating and drinking places to be built on the tops of long hills. They were not located there for the view. These locations were for the convenience of people who needed to stop and let their overheated radiators cool down. That is one of the functions of Worship for many of us - a time for rest and refreshment - when we let our overheated radiators cool down.

That too is one of the functions of prayer and of Christian fellowship - whether alone in our quiet spot where we come before God each day, or in our homes and in the homes of our friends and neighbours - to bring to us the rest and refreshment that we all need so much. There is nothing quite like coming to the Lord and setting aside our burdens for a while - nothing quite like having our batteries recharged, our radiators cooled down and our spirits lifted.

All of us here, know about burdens.

Jesus came to us to lift the heavy burdens of life and of religion from our backs. He reminds us that the Sabbath is made for us - not we for the Sabbath - he urges us to know that faith is a thing that is meant to set us free - free to truly worship - and to truly serve our God - with joy and love in our hearts - on the Sabbath and on each and every day in between.

Jesus promises rest from the burdens that we carry - rest from the burdens of legalism and judgement and from the weight of anxiety and worry and from the yoke of unrewarding labour and endless labour for that which cannot satisfy.

Come unto me - all you who are tired - all you who are feeling drained - all you who are feeling empty - all you who are burdened by a sense of disappointment and let down - all you who are exhausted by the struggles of life and weighed down by your sense of duty and of what is right and wrong - and I will give you rest. I will cleanse you - I will fill you with new joy - and establish you in a relationship with God that will give you new life - here and in the world to come.

That is the first part of what Jesus had to say - of what Jesus promised.

Read Mathew 11:16-19, 25-30 Again



The second part is this - "take my yoke upon you and learn from me."

His promise is that, when we come unto Him, when we learn from Him, and offer ourselves to Him, that He will minister to us and through us - that He will give strength and hope and joy and peace, and patience and love, that He will give us new life - here and now and in the world to come.

How does the hymn go (**HYMN** [Make me a captive Lord](#))

- Make me a captive Lord, and then I shall be free
- force me to render up my sword, and I shall conqueror be.
- I sink in life's alarms when by myself I stand;
- imprison me within thy arms, and strong shall be my hands.

"Come unto me all you who are weary and carrying heavy burdens and I will give you rest. 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. For my yoke is easy and my burden is light."

PRAYER.

Lord - we come unto you just as we are - to lift up to you:-

- our burdens
- our worry
- our anxiety
- our fear
- our tiredness
- our pain
- our concerns for the future

We ask that would remove them from us, put in their place your guidance and strength; to be with us always. **AMEN**