

Rhythms

Life-giving habits of Jesus

What does it mean to participate together in mission with the global church? We each have something meaningful to offer, and maybe something we need, to walk faithfully and obediently with Jesus. Mission is “from everywhere to everywhere”, as God continues to raise up new disciples in every part of the world, sending us out together with the Gospel. During this series we are joined by some of our Global Partner missionaries to explore what it means to be a sent people, sent “to the ends of the earth” with the hope of Jesus.

Introduction

July 2, 2023 | Matthew 11:28-30, 1 Timothy 4:7-8

A “yoke” was a way to identify a Rabbi’s teaching. When Jesus says take on His yoke, He means His teaching, life, practices and way of living life with God.



Being an apprentice of Jesus means that I need to learn to experience God the Father in the same way that Jesus did.

How do I train myself to be godly? (1 Timothy 4:7-8, [1 John 5:3](#))

Jesus modelled disciplines that connected Him to the Father in ways that produced amazing fruit. These included prayer ([Luke 5:16](#)), scripture ([Luke 4:17-21](#)), fasting ([Matt 4:2](#)), submission ([Matt 26:39](#)), worship ([Matt 26:30](#)), community ([Luke 22](#)), and more.

Like athletes that train to exceed their physical limits, spiritual exercise enables us to do what we are unable to do by our own effort.

Out of His deep love for us, Jesus' desire is for us to live freely and lightly, He invites us to these rhythms and practices, to walk closely with Him and find rest in His presence ([Matt 11:28-30](#), [James 4:7-10](#)).

The desperate need today is not for more intelligent or gifted people, but for deeper people.

Reflect + Apply

Are you spinning plates, or walking freely and lightly? What might Jesus be inviting you to let go of this summer, in order to make room for new practices and ways of experiencing God's presence?

What does it look like for you, to be an apprentice of Jesus? How does the Jewish understanding of a "yoke" help your understanding?

Read through several versions of Matthew 11:28-30. What might be the Spirit want you to hear from Him? Pray through this passage. Post it somewhere that you will see it regularly throughout this summer.

For more reading: Celebration of Discipline, by Richard Foster

Get in Touch

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