

# JESUS' EASY YOKE FOR YOU

*Lectio Divina Guides by Bill Gaultiere*

## Lectio Divina Process

Hearing God's voice with confidence takes practice. A great way to learn is through Lectio Divina, a method of Scripture meditation developed by Benedict in the sixth century. Three times we read the Bible passage and then pray or journal quietly for a few minutes to help us listen to the Spirit. Each reading is guided by a focus question listed below. In a group context follow the leader's instructions to know when you can share your responses. Be sure to protect people's confidentiality.

## Introduction to the Text

Jesus has just denounced the cities where he did most of his miracles because they did not turn from their sins and put their trust in him as Lord and Savior. He's pronouncing God's judgment on those cities when suddenly he stops to pray. Then he changes his tone to tenderness and invites the people to join the "easy yoke" of his intimacy with the Father.

## Matthew 11

25-25 Abruptly Jesus broke into prayer: "Thank you, Father, Lord of heaven and earth. You've concealed your ways from sophisticates and know-it-alls, but spelled them out clearly to ordinary people [even little children]. Yes, Father, that's the way you like to work."

27 Jesus resumed talking to the people, but now tenderly. "The Father has given me all these things to do and say. This is a unique Father-Son operation, coming out of Father and Son intimacies and knowledge. No one knows the Son the way the Father does, nor the Father the way the Son does. But I'm not keeping it to myself; I'm ready to go over it line by line with anyone willing to listen.

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. [Take my yoke upon you and we'll pull the plow across the field together.] Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace [that go with my easy yoke]. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly." (MSG with paraphrases).

## Prayer / Journaling / Soul Talk Prompts

1. What is one word or phrase the Holy Spirit impresses on you? In silence meditate on that.
2. What do you feel? What specific situation in your life today relates? Write down a prayer or pray quietly.
3. What is God's personal invitation to you from the Scripture? You can write down what the Lord may be saying to you or a prayer of thanks. Or simply rest quietly in the Spirit's presence.