



rejuvenated

**Matthew 11:25-30**

<sup>25</sup>At that time Jesus said, "I praise you, Father, Lord of heaven and earth, because you have hidden these things from the wise and learned, and revealed them to little children. <sup>26</sup>Yes, Father, for this is what you were pleased to do.

<sup>27</sup> "All things have been committed to me by my Father. No one knows the Son except the Father, and no one knows the Father except the Son and those to whom the Son chooses to reveal him.

<sup>28</sup> "Come to me, all you who are weary and burdened, and I will give you rest. <sup>29</sup>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. <sup>30</sup>For my yoke is easy and my burden is light."

**How can we be REJUVENATED?**

:: Respond to Jesus' sacred invitation: "COME TO ME."

:: Respond to Jesus' sacred invitation AS A CHILD.

:: Respond to Jesus' sacred invitation INTENTIONALLY.

"...you have hidden these things from the wise and learned and revealed them to little children."

~ Matthew 11:25b

**Try these intentional steps:**

Choose **1 minute** of silence each day.

Meditate on **1 scripture** through the week.

Make or accept **1 invitation** this week.



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## **How to receive forgiveness from God:**

- 1) Admit you, like everyone else, need new LIFE in Jesus.
- 2) Ask God to forgive your sins by the sacrifice of Jesus.
- 3) Receive new LIFE from God by trusting in Jesus as your Savior & Lord.

### **You can do that now by simply talking to God in a prayer like this:**

*Dear Lord Jesus, I know I am a sinner, and I ask for Your forgiveness. I believe You died for my sins and rose from the dead. Today, I receive you as my Savior; and I put my faith in you as my LORD. Help me to live for you all the days of my life. In Your name, Amen.*

**If you chose to follow Jesus today, text “FAITH” to 309-250-2007 to receive additional information about next steps in following Jesus.**

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### **For Further Reflection:**

*When was a time you felt most rejuvenated or at rest? Where were you and what were you doing (or not doing!) when you felt that rejuvenation?*

*Read Matthew 11:25-30.*

*:: What are some things that stand out to you in this passage?*

*:: It's not accidental that this passage takes place before two instances of conflict around what Sabbath is and isn't (Matthew 12:14). Why do you think this is significant?*

*:: The “yoke” is the teaching, leadership, lifestyle, and authority of a rabbi/teacher. What do you think Jesus means when he says, “My yoke is easy and my burden is light.”?*

*Pastor Jeremiah said, “We often trade the sacred space of invitation for the profanity of pressure.” How have you seen this in your life? How might this change the way you interact with others?*

*What are some practical ways we can regularly “come to Jesus” and respond to his invitation? What do you suspect it looks like to do that in a childlike manner?*

*Of the three intentional steps we were invited to today, which one will be the most challenging for you? Invite someone to pray with/for you and check on you as you press into that this week.*

Unless otherwise noted, today's Scripture is from the New International Version [NIV].

Pastor Jeremiah X. Gómez (@jgomez) – August 29, 2021

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## **Check these out!**

Overcoming Challenges  
As an Adoptive Family



Replanted Conference  
November 5-6, 2021

