

## OVERCOMING HEAVY BURDENS

### BIG IDEA

God doesn't want you living in slavery, He wants you to be harnessed to Jesus.

### SCRIPTURE

Read Nehemiah 5:1-13 and Matthew 11:28-30. These verses demonstrate how Nehemiah used God's plan to provide "freedom" from slavery for the Jewish brethren. In Matthew we learn Jesus desires to carry our burdens and give us rest.

### OPENER

How do burdens in our lives lead to slavery?

What burden are you harnessed to right now?

### QUESTIONS

- When is the last time you let Christ break your heart for some injustice in your community? What did you feel and what did you do?
- From the 9 Steps to Freedom, which step is God speaking to you about right now? (see references for 9 Steps)
- What are the consequences if we do not obey and keep our promise to God, as it relates to the resolution of our burden?
- Why is it important to "own your role" in slavery created by your burden?
- Why do you think Jesus says His yoke is easy and His burden is light? Do you think this means following Christ is easy?
- We learned that we are always mastered by something, Jesus says be mastered by Me. Do you feel lately that Jesus is the Master who has been directing your life? Why or why not?

### TAKEAWAY

Jesus gives three commands in Matthew 11:28-30:

- “come to me”
- “take my yoke”
- “let me teach you”

Which one of these speaks to your heart? What action will you take this week?

### REFERENCES

- Nehemiah 5:1-13
- Matthew 11:28-30
- Exodus 22:25 and Leviticus 25:36
- Hebrews 12:1
- Deuteronomy 10:12-13
- II Peter 2:19
- 9 Steps to Freedom:
  1. Identify the harness on your neck (vs. 1-5)
  2. Be angry (vs. 6)
  3. Make a mental choice (vs. 7a)
  4. Take action (vs. 7b)
  5. Align with God’s Word (vs. 8)
  6. Fear God and live for His reputation (vs. 9)
  7. Own your role in any slavery (vs. 10)
  8. Define your physical steps (vs. 10b/11)
  9. Obey and keep your promise to God (vs. 12,13)