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## AN EASY YOKE

**Left to ourselves, we'll opt for extremes virtually every time. That explains why God's Word so often addresses moderation and self-control, softening our sharp-cornered lives with more curves that necessitate a slower speed.**

**The psalmist counsels us to "cease striving" so we can know that God is God (Psalm 46:10). Even Jesus found it necessary to get away on occasion just to be alone. And who can forget His gracious invitation? "Come to Me, all who are weary and heavy-laden, 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." (Matthew 11:28-30).**

**In our high-tech day of high-level pressures, Jesus offers us rest. Twice in one statement. While so many others are demanding, He's gentle. While competition is fierce and being in partnership with hard-charging, bullish leaders is tough, being yoked with Him is easy. Yes, easy. Instead of increasing our load of anxiety, he promises to make it lighter. Is it any wonder Jesus' style and message created such a stir? While so many were piling on more guilt, more "should" and "musts," He quietly offered relief.**

**So, let me ask you, where do you go to find enough stillness to rediscover that God is God? Where do you find rest when your days and nights start running together? What spot becomes your hide-away so that a little perspective is gleaned and a little sanity returns? How do you get relief from the fever-pitch extremes?**

**These are questions only you can answer. And because only you and...  
*please do.* AMEN.**

**~ Dr. Charles R. Swindoll**

*"And Jesus came and spake unto them, saying, All power is given unto me in heaven and in earth. Go ye therefore, and teach all nations, baptizing them in the name of the Father, and of the Son, and of the Holy Ghost: Teaching them to observe all things whatsoever I have commanded you: and, lo, I am with you always, even unto the end of the world. Amen." Matthew 28:18 – 20*

