



Matthew 11:28 - *Come to me, all you who are weary and burdened, 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.*

I. Encourage them to be honest and authentic about the pain

A. Honestly acknowledge the weight of the load

B. Cry out to Lord

Psalm 61:1-2 - *Hear my cry, O God; listen to my prayer. From the ends of the earth I call to you, I call as my heart grows faint; lead me to the rock that is higher than I.*

“in which I come face-to-face with the reality of external and internal suffering.”

“In candor, I admit what is happening to me and I feel what is going on inside me.”

Robert W. Kelleman, *Soul Physicians* (Winona Lake, IN: BMH Books, 2007), 300.

C. Do not be afraid to express questions, confusion, doubt, or complaint

Habakkuk 1:2-4 - *How long, O Lord, must I call for help, but you do not listen? Or cry out to you, Violence! but you do not save? Why do you make me look at injustice? Why do you tolerate wrong? Destruction and violence are before me; there is strife, and conflict abounds. Therefore the law is paralyzed, and justice never prevails. The wicked hem in the righteous, so that justice is perverted.*

“God is the friend of the honest doubter who dares to talk to God rather than about him. Prayer that includes an element of questioning God may be a means of increasing one’s faith. Expressing doubts and crying out about unfair situations in the universe show one’s trust in God and one’s confidence that God should and does have an answer to humanity’s insoluble problems.” Kenneth L. Barker and Waylon Bailey, *The New American Commentary*, vol. 20 (Nashville, TN: Broadman & Holman, 1998), 277-78.

D. Understand that in so doing, you are being like Christ

John 19:28 - *I am thirsty.*

Matthew 27:46 - *My God, my God, why have you forsaken me?*

II. Accept the responsibility

“A yoke was made of wood, hand-hewn to fit the neck and shoulders of the particular animal that was to wear it in order to prevent chafing. For obvious reasons, the term was widely used in the ancient world as a metaphor for submission. The yoke was part of the harness used to pull a cart, plow, or mill beam and was the means by which the animal’s master kept it under control and guided it in useful work.” John MacArthur, *Matthew* (Chicago, IL: Moody Press, 1989), 279.

A. Yes, it is a yoke



B. But never forget that it is Jesus' yoke

1. Is there anything about this situation that is outside of God's control?
2. Could God have prevented this from happening to Andrew and to us if He had chosen to?
3. Will God ever give us more than we can bear?
4. Can God use this situation for His glory and our good?
5. Has God promised to go with us as we try to raise our son for Him?
6. Will we accept this responsibility and seek to joyfully submit to His plan for our family?

C. It will never be more than you can bear

1 Corinthians 10:13 - *No temptation has seized you except what is common to man. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can stand up under it.*

D. Balance the weight of your yoke with the glory of eternity

1 Peter 1:6-9 - *In this you greatly rejoice, though now for a little while you may have had to suffer grief in all kinds of trials. These have come so that your faith—of greater worth than gold, which perishes even though refined by fire—may be proved genuine and may result in praise, glory and honor when Jesus Christ is revealed. Though you have not seen him, you love him; and even though you do not see him now, you believe in him and are filled with an inexpressible and glorious joy, for you are receiving the goal of your faith, the salvation of your souls.*

2 Corinthians 4:16-18 - *Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day. For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. So we fix our eyes not on what is seen, but on what is unseen. For what is seen is temporary, but what is unseen is eternal.*

III. Prepare for an adventure

A. The adventure of learning

Romans 6:13 - *Do not offer the parts of your body to sin, as instruments of wickedness, but rather offer yourselves to God, as those who have been brought from death to life; and offer the parts of your body to him as instruments of righteousness.*

Psalms 119:67 - *Before I was afflicted I went astray, but now I obey your word*

Psalms 119:71 - *It was good for me to be afflicted so that I might learn your decrees.*



2 Corinthians 12:9-10 - *My grace is sufficient for you, for my power is made perfect in weakness. Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me. That is why, for Christ's sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong.*

B. The adventure of divine rest

1. the rest of contentment

Jeremiah 29:11 – *“For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you hope and a future.”*

2. the rest of joy

3. the rest of fulfillment