



Sermon Notes

**Season of Healing
October 30, 2022**

Galatians 5:1

¹ It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery.

Jesus came so I can be free.

Jesus came so I can be healed.

Isaiah 53:5

*⁵ But he was pierced for our transgressions,
he was crushed for our iniquities;
the punishment that brought us peace was on him,
and by his wounds we are healed.*

***What gives us the audacity to ask for freedom and healing?
The sacrifice of Jesus Christ!***

A yoke is a heavy burden, causing great strain.

Under a yoke, there is no freedom!

We are carrying the yoke of a burden we were not mean to carry.

Matthew 11:28-30

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

To be yoked to something is to be joined to it.

To be yoked to something is to be burdened by it.

Yoked to Jesus, we are free. Yoked to our problem, we are stressed.



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Jesus also knew the natural human tendency under heavy burden.

Burdened to the point of weakening.

Burdened to the point of giving up.

Jesus also knew the Pharisees in the audience.

Matthew 23:4

⁴ They crush people with unbearable religious demands and never lift a finger to ease the burden.

Acts 15:10

¹⁰ Now then, why do you try to test God by putting on the necks of Gentiles a yoke that neither we nor our ancestors have been able to bear?

Jeremiah 30:8

***⁸ “‘In that day,’ declares the LORD Almighty,
‘I will break the yoke off their necks
and will tear off their bonds;
no longer will foreigners enslave them.***

How do we take Jesus’ yoke upon us?

By getting rid of our own yoke.

By resting in Him.

Jesus calls you to Himself. That is personal.

