

Soul Rest for Today

Cecelia Bernhardt

1. Introduction
2. Jesus's Invitation and Promise
 - A. Context of the full chapter of Matthew 11
 - B. Focus on Matthew 11:28–30
 - C. The Yoke and the Teaching
 - i. The Yoke
 - ii. The Teaching
 - a. Who is Jesus to us?
 - b. Who are we to Jesus?
3. What can this look like in counseling?
 - A. When Jesus says "Come"
 - B. Jesus says, "Take my Yoke Upon You"
 - i. Laying our own yoke aside
 - ii. Taking his yoke upon us
 - C. Jesus says, "Learn from Me"
 - i. About himself
 - ii. About ourselves
4. In conclusion