## 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

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