

Matthew 11:28-30

Come and rest.

Slides from Mike Hood's sermon at the morning service, Sunday 2nd February 2025

“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.”

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“the work *beneath* the work”

“the crushing weight of expectations”



Surface Pressure
Lin-Manuel Miranda

“Under the surface,
I'm pretty sure I'm worthless if I can't be of service”



Surface Pressure
Lin-Manuel Miranda

“Pressure like a grip, grip, grip, and it won't let go,
Pressure like a tick, tick, tick 'til it's ready to blow,
... Who am I if I don't have what it takes?
No cracks, no breaks,
No mistakes: no pressure.”

Surface Pressure
Lin-Manuel Miranda

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‘gentle’

“See, your king comes to you,
gentle and riding on a donkey”

Matthew 21:5

“the unfading beauty of a
gentle and quiet spirit”

1 Peter 3:4

‘gentle’

“The posture most natural to him is not a pointed finger, but open arms.”

Dane Ortlund, *Gentle and Lowly*

‘humble’

“Do not be proud, but be willing to associate with people *of low position.*”

Romans 12:16

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“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 am enough, always enough.
You are enough: precious and loved.”

Rain
Kings Kaleidoscope

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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.”**

Come to Him, all you who are weary and burdened, and He will give you rest.

Take His yoke upon you and learn from Him, for He is gentle and humble in heart, and you will find rest for your souls.

For His yoke is easy and His burden is light.