

2026년 10월 11일 주일 예배 임 정욱 목사

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Devotions for the Week

Verse of the Week

Matthew 11:28 - Come to me, all you who are weary and burdened, and I will give you rest.

Check off each day as you go

- ☐ **Monday** Take time today to pray and lay down my burdens before the Lord.
- ☐ **Tuesday** Today, let's pray and entrust the difficulties I am facing to the Lord.
- ☐ **Wednesday** Today, let's offer prayers of gratitude to feel the Lord's love.
- ☐ **Thursday** Today, let's encourage someone we meet in church.
- ☐ **Friday** Let's take some quiet time with the Lord today.
- ☐ **Saturday** Today, let's pray and come to the Lord for a new commitment.

Monday — Responding to the Lord's Invitation

Today's Passage Matthew 11:28

Jesus invites us to lay down our heavy burdens and rest. We must respond to this invitation and come to the Lord. Experiencing His love and grace can transform our lives.

Ask Yourself How am I responding to the Lord's invitation?

Do This Today Take time today to pray and lay down my burdens before the Lord.

Prayer Lord, help me to lay down my heavy burdens and experience your peace.

Tuesday — The Meaning of Labor and Burden

Today's Passage Matthew 11:28

The labor and burdens we experience in life often reveal our limits and pain. Jesus promises to carry these burdens with us. We can entrust our burdens to Him.

Ask Yourself What burdens am I carrying?

Do This Today Today, let's pray and entrust the difficulties I am facing to the Lord.

Prayer Lord, I entrust my burdens to you. Please help me.

Wednesday — Feeling the Lord's Love

Today's Passage Matthew 11:30

Jesus says His yoke is easy and light. This means the Lord's love sets us free and gives us burdens we can bear. We gain strength through that love.

Ask Yourself Am I feeling the Lord's love?

Do This Today Today, let's offer prayers of gratitude to feel the Lord's love.

Prayer Lord, open me to feel your love.

Thursday — The Role of the Church

Today's Passage Matthew 11:29

The church is a community where we learn and walk together under Jesus' yoke. It is important to share each other's burdens and pray together. We must be each other's strength.

Ask Yourself What role am I playing in the church community?

Do This Today Today, let's encourage someone we meet in church.

Prayer Lord, help us to love and encourage each other within the church community.

Friday — The Meaning of True Rest

Today's Passage Matthew 11:28

True rest is not just physical relaxation, but spiritual renewal in the Lord. When we come to the Lord, He refreshes our souls.

Ask Yourself Am I experiencing true rest?

Do This Today Let's take some quiet time with the Lord today.

Prayer Lord, renew my soul and grant me true rest.

Saturday — A New Beginning

Today's Passage Matthew 11:30

Jesus lightens our burdens and makes new beginnings possible. By His grace, we can live a new life. We can start anew by following the Lord's path.

Ask Yourself What am I preparing for a new beginning?

Do This Today Today, let's pray and come to the Lord for a new commitment.

Prayer Lord, give me the strength for a new beginning and guide me.

Check Your Understanding

1. Who does Jesus invite in the sermon?

- A. The wealthy
- B. Those who are weary and burdened
- C. The wise
- D. Those who keep the law well

2. What is the characteristic of the yoke that Jesus gives in the sermon?

- A. Heavy and difficult
- B. Light and easy
- C. Full of complicated rules
- D. Oppressive to people

3. What does Jesus' invitation mentioned in the sermon signify?

- A. Inviting only specific people
- B. Open to everyone
- C. For the wealthy only
- D. For those who keep the law well only

4. What situation are those who are weary and burdened in, as mentioned in the sermon?

- A. People carrying their own burdens
- B. Wealthy people
- C. Happy people
- D. People without heavy burdens

5. How is the rest that Jesus gives us achieved in the sermon?

- A. By pursuing success in the world
- B. By taking on Jesus' yoke and learning
- C. By solving things on our own
- D. By elevating social status

Answer Key

- 1. **B** — Jesus said that he invites those who are weary and burdened.
- 2. **B** — Jesus said that the yoke he gives is easy and light.
- 3. **B** — Jesus' invitation emphasizes that it is open to anyone, highlighting that there is no discrimination.
- 4. **A** — Those who are weary and burdened refer to people who are carrying their own burdens.
- 5. **B** — Jesus said that the rest he gives is achieved by taking on his yoke and learning.

Key Points

- Jesus invites those who are weary and burdened.
- We can entrust our burdens to Jesus and enjoy freedom.
- Jesus' yoke is easy and light, providing true rest.
- We are those who are invited because of God's love.

Discussion Questions

1. What heavy burdens are you currently carrying?

2. How are you responding to Jesus' invitation?

3. What does taking on the Lord's yoke mean to you?

4. What can you entrust to Jesus in your life?

Apply This Week

This week, remember the invitation given by Jesus and take time to lay down your heavy burdens.

Prayer & Reflection

God, help me to entrust my burdens to you and find true rest. Let me experience your love.
