



Seek First: The Easy Yoke

By Kevin Kusunoki, January 09, 2022

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.

Matthew 11:28-30 (NIV)

REFLECTION QUESTIONS

1. Which of the indicators of burnout describes you?
2. How might you start doing less, in order to live life like Jesus?