

Monday, March 30th Bible Study Notes
Cedarville United Presbyterian Church Facebook Live
Matthew 11:28-30

²⁸ “Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. ²⁹ 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. ³⁰ For my yoke is easy, and my burden is light.”

Check-In:

- How are you feeling? Anxious? Angry? Grieving? Panicked? Bored?
- How is it manifesting? Depression? Irritability? Stress-eating? Drinking? Crying? Insomnia? Foggy? Unmotivated? Over-motivated? Fatigued? Weary?

General Timeline: the last 21 days in Ohio

- March 8 – We gathered for breakfast, Sunday School, and worship as usual
- March 11 – COVID-19 pandemic; CU will close campus
- March 12 – no gatherings over 100 people; Ohio K-12 schools closing
- March 13 – Trump declares national emergency
- March 14 – Many churches, including ours, temporarily close buildings and move to on-line worship
- March 15 – Our first ever Facebook Live worship service
- Week of March 15 – no gatherings over 50 people; elections postponed, bars and restaurants closed, BMV closed, no gatherings over 10 people, non-essential businesses closed, stay-at-home order will begin
- March 23 – stay-at-home order until April 6
- March 29 – Trump orders social distancing extended until April 30

Huge Shift:

- Stress from making huge changes in a short amount of time – working remotely, kids learning online, not able to go wherever we want
- How do we live knowing this is a marathon and not a sprint?

Brené Brown Podcast – Brené on Comparative Suffering, the 50/50 Myth, and Settling the Ball, www.brenebrown.com

- “We’ve collectively hit weary”
 - Especially true for people on front lines and those who love them
 - Adrenaline surge gets us through immediate danger – “get it done”
 - So focused on what needs to happen we barely notice our “normal” is gone
- We are coming to the end of our adrenaline surge – COVID-19 is not going to be a sprint, but a marathon...so we need to shift mindset, or we will collapse

- From “crisis thinking” to “settling the ball”
 - Soccer – when little kids play and the ball hits chest-high, they just raise their legs and kick; the ball keeps bounding and sometimes ends up on next field
 - Need to settle the ball, read the field, and be strategic about where it goes
 - We do not have infinite energy to keep kicking shoulder-high
- Create a new normal – from fear to proactively developing solid strategy
 - Limit news intake, limit screen time – find 1-2 reliable sources
 - Family gap plan – we aren’t in 50/50 relationships...when one person is at 30% the other can give 70%; but what if collectively we are at 60%?
 - Sleep – at least 8 hours if possible
 - Move your body – this is where we hold our anxiety and grief
 - Eat well – no Buddy the Elf: “candy, candy canes, candy corn, and syrup”
- Beware of “comparative suffering” – make us feel entitled or ashamed
 - Pain and hurt are assessed and ranked without thinking – “I can’t be sad about no graduation because people are sick” or “I can’t be scared for my children because there are homeless children who have nowhere to sleep” or “why should I be tired and angry because I have a job and others don’t.”
 - Emotions don’t go away just because we think they don’t score high enough on the “suffering board.” Instead, they double-down and grow and add shame – “How dare I be sad/scared/lonely when others have it worse?”
 - Comes from belief that empathy is finite – if I am kind and gentle toward myself around my feelings, I will have less to give for the people who really need it (health-care workers, delivery people, grocery store workers)
 - When we practice empathy with ourselves, we create more empathy

Self-Assessment: We cannot give from an empty cup

1. On a scale of 1 to 10, how full is your cup right now?
2. In what ways have you been taking care of yourself well?
3. Where has your self-care been lacking?
4. What strategies do you want to put into place for better self-care?

Today's Passage:

Verse 28 – *Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest.*

- Where do we go to meet our needs? Are we too self-sufficient? Do we turn to God when we've exhausted all our other resources?
Jeremiah 2:13 – “My people have committed two sins: They have forsaken me, the spring of living water, and have dug their own cisterns, broken cisterns that cannot hold water.”
- Are we able to admit we are weary or are we caught in “comparative suffering” and believe we need to focus solely on being grateful/thankful because others have it worse?
- The heavy burdens in this passage probably refer to the burden of sin – the more mature we are as Christians, the more we realize how sinful we are...but the more we are grateful for Christ's death on the cross

Verse 29 – *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.*

- A yoke is used to ease a load – two oxen pulling in tandem vs. one
- Also symbolized obedience and acceptance of responsibility – rabbis spoke of “the yoke of the Law”
- When we yoke ourselves with Jesus, we are a student of someone who is humble and gentle vs. a taskmaster

Verse 30 – *For my yoke is easy, and my burden is light.*

- By yoking, we trade our heavy, tiring burdens for his yoke and burden, which he describes as easy and light.
- How can Jesus' burden be easy and light? Jesus was connected with the Father. And that changes everything. He said no to some things in order to say yes to God.

Encouragement over the next week: do the self-assessment and come up with a longer-term plan. How do you want to care for yourself, how do you want to care for others, and how do you want to lean in to God's love at this time?

Resources I Used:

- The NIV Life Application Study Bible
- The Bible Knowledge Commentary