

## **The Easy Yoke of Discipleship**

The Year of Transformation Series – Part 01

**Connect:** Due to your life experiences and training, in what ways could you come along side of someone and help them with a project? In other words, what are you good at doing? How can others benefit if you share your knowledge?

**Hook:** In the 2004 Summer Olympic Games in Athens, Greece, the American women's 4 x 100 relay race was favored to win the gold medal. The team featured Marion Jones, a sprinter who had won four gold medals at the previous games in Sydney. The American team was already off to a strong start when Jones took the baton for the second leg of the race. She gained ground as she ran her 100 meters and approached Lauryn Williams, a young speedster who would run the third leg.

Williams began running as Jones drew near, but when she reached back to receive the baton, they couldn't complete the handoff. Once, twice, three times Jones thrust the baton forward, but each time it missed William's hand—she couldn't seem to wrap her fingers around it. Finally, on the fourth try, they made the connection. But by that time, they had crossed out of the 20-yard exchange zone and were disqualified. Everyone knew they were the fastest team on the track. The night before, they'd had the fastest qualifying time. But when they couldn't complete the handoff, their race was over.

How was the “baton” of faith handed off to you? How difficult was the task for those who chose to influence you?

When it comes to the Christian faith, in what ways must we “*pass the baton*”?

**Book:** Matthew 11:28-30

Matt. 11:28 Then Jesus said, "Come to Me, all of you who are weary and carry heavy burdens, and I will give you rest.

Matt. 11:29 Take My yoke upon you. Let Me teach you, because I am humble and gentle at heart, and you will find rest for your souls.

Matt. 11:30 For My yoke is easy to bear, and the burden I give you is light."

**Look:**

In the scriptures, Jesus invites us to join Him in a Master/Disciple relationship. Read verse 28 again and discuss the three questions that naturally arise from it:

1. What does Jesus mean when He says “*Come to Me*”?
2. Who are those who are weary and what are their burdens?
3. What kind of “*rest*” is Jesus offering?
4. Put into your own words what it means to be a disciple of Christ.

5. Why does Jesus call us to such radical commitment to Him?

6. How can any kind of “yoke” help to disciple someone?

7. What is most important to you about discipleship and what are you most reluctant to do? What are you most afraid of?

**Took:**

Who are some people that you can begin praying for right now?

How could God use you to disciple them, working with them for their growth and joy in the faith?