

7. Read II Corinthians 6:14. Who are we not to be yoked together with? Is this for marriage only? Can two different kinds and sizes of animals pull equally? Can people with opposing goals live in harmony? What do we do with existing unequally yoked partnerships?

8. Read Matt. 6:24. What are the two things we can't serve? What is the master of our world? Does this verse have anything to say to our country? What? Read Hebrews 13:5. Are you free from the love of money? Are you content with what you have? Would God say you trust Him with your money? Read Proverbs 22:7. Are you in bondage to your debt? Are you out of balance with your spending? Do you worry about how you're going to pay the bills?

9. Read Matt. 11:28-30. What is the first thing we are to do daily to lighten our load? Do you practice this? Are you learning from Christ how to live with a light load? What have you learned lately? Read I Peter 5:7. What is the second thing we are to do to lighten our load? Are you casting your cares upon Him? Read Isaiah 9:6. Are you allowing God to have dominion in your life by allowing Him to govern you? Take a few moments now to lighten your load.

Podcasts are available each week on [www.kcfonline.org](http://www.kcfonline.org) under Resources.

## Feeling The Weight?

I. Scripture portrays our weight as a **YOKE**. (Leviticus 26:13)

II. Scripture points out various **TYPES** of yoke.

A. Yoke of **PERFECTIONISM**.

(Acts 15:6-11; Galatians 5:1; Luke 11:46)

B. Yoke of **DISBELIEF**.

(Mark 5:35-36; Luke 14:25-31)

C. Yoke of **DISOBEDIENCE**.

(Deuteronomy 28:47-48; Lamentations 1:14)

D. Yoke of **DISHARMONY**.

(II Corinthians 6:14)

E. Yoke of **MONEY**.

(Matthew 6:24; Hebrews 13:5; Proverbs 22:7)

III. Scripture teaches us how to **LIGHTEN** our load.

(Matthew 11:28-30; I Peter 5:7; Isaiah 9:6)

## FOOD FOR THOUGHT

For the week of May 30, 2010

(Questions and Scriptures for further study)

1. Have you noticed that many people seem to be under a great weight? We call it stress.

2. Read Lev. 26:13. Scripture calls this weight a yoke. What are some bars of yoke you see in people? What are some bars of yoke in your life? How is it making you feel? What are you doing about it? What does the world give as a solution?

3. Read Acts 15:6-11. What is the yoke they were trying to put across the believers neck? Has anyone tried to do this to you? Give example. Have you put a yoke of perfectionism on anyone such as a family member? When and how? Read Galatians 5:1. Are you living in freedom or the yoke of slavery? Why?

4. Read Luke 11:46. Do you allow people to load you down with burdens? Why? Do you load others down? Do you help others? How much is too much help?

5. Read Matthew 5:35-36. How do you feel when you struggle with disbelief? Is there an area right now that you're weighted down in disbelief? Read Luke 14:25-31. What happened to Peter in disbelief? Have you sunk in disbelief? Give example of sinking disbelief.

6. Read Deut. 28:1-8. What does God promise the children of Israel if they obey? Read Deut. 28:15-21. What does God promise He will do in disobedience? Read Deut. 28:47-48. Do you see countries with an iron yoke around them? Do you see people with an iron yoke due to their disobedience? Have you ever work this yoke? Read Lam. 1:14. How do we feel when we wear this yoke? Can you spot a person who is wearing this yoke? What do they act like?