

# Coming up @ TWIN CITIES

**READ THE BIBLE WITH US**  
JUMP IN!

**JR. HIGH WINTER CAMP**  
FRI-SUN, Jan. 30-Feb. 1

**LIFE GROUPS WINTER LAUNCH**  
FIND YOUR LIFE GROUP TODAY!

**HIGH SCHOOL WINTER CAMP**  
FRI-SAT, February 6-7

**FAMILY MOVIE MATINEE**  
SUNDAY, January 11

**DRIVE-THRU FOOD DRIVE**  
FRIDAY, January 23



[twincities.church/events](https://twincities.church/events)

# Connect with a LIFE GROUP

**BROWSE THE GROUPS!**  
*Let's be the Church together!*



[twincities.church/life-groups](https://twincities.church/life-groups)

We're excited to do life with you!  
For these & any other opportunities,  
scan the QR codes above or visit  
us in the lobby at church on  
Sunday mornings!

[www.twincities.church](https://www.twincities.church)

# how we **change**

## GET YOKED THIS YEAR

Eric Wayman • January 4, 2026



- The goal of this series is to cultivate a plan for becoming intentionally formed, not by the world but by Jesus.

## MATTHEW 11:28-30

- Jesus' invitation is to rest and rely not on willpower, but on His power.
- A rabbi's yoke was their teaching + practices = Their Way of Life.
- If you want the life of Jesus, then you need to adopt the lifestyle of Jesus.

Open to continue taking notes!

## Fully Surrendered Followers

- A disciple is someone who surrenders their will and autonomy in order to follow the lead of the teacher.
- In surrender, you find freedom.

### Twin Cities Church's New Purpose Statement

**"We help everyday people become fully surrendered Followers of Jesus."**

*"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**

**Holy Spirit, how would You like me to respond to this invitation?**

#### **NEXT WEEK:**

You Are Being Formed

Watch this message & more at [twincities.church](https://twincities.church)

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Card online.



For group discussion the week of January 4

**This Study Guide is designed to help you apply Sunday's message. Join a Life Group and do this study together!**

1. As we start a new year, what's one area of life where you've felt especially tired, pressured, or "stuck" lately?
2. This week's message was *Get Yoked This Year*. Let's read Matthew 11:28-30 together. Was there a phrase, image, or moment from the message — or from this passage — that especially stood out to you or caught your attention?
3. Now let's read Luke 5:2-11. What do you notice in this story about how Jesus related to these men? How did Simon react? Is there a way in which this story relates to your life?
4. The Lord is compassionate and kind to us. What do these passages show about God's heart toward people who are weary, overwhelmed, or unsure of the way forward? See Psalm 23:1-3 and John 10:11.
5. The message talked about areas where we "strain against the yoke" or try to pull ahead of Jesus. Where do you most feel the temptation to rely on your own strength instead of trusting Jesus to set the pace?
6. Jesus says, "Take My yoke upon you and learn from Me." What is one small, specific step you could take this week to walk more closely with Jesus and let Him lead — rather than trying harder on your own?
7. As we close, how can we pray for you this week? Is there any burden you're carrying, or a place where you need Jesus' rest and strength right now?