

EASE INTO IT

Order of Service (bulletin)

<https://www.spiritofhope.ca/news-and-events>

Video (recorded live stream)

<https://www.youtube.com/@spiritofhopeunitedchurch791>

July 5, 2026

Pentecost 6

Matthew 11:16-19,25-30

“What comparison can I make with this generation? They are like children shouting to others as they sit in the marketplace, ‘We piped you a tune, but you wouldn’t dance. We sang you a dirge, but you wouldn’t mourn.’ For John came neither eating nor drinking, and they say, ‘He is possessed.’ The Chosen One comes, eating and drinking, and they say, ‘This one is a glutton and a drunkard, a friend of tax collectors and sinners.’ Wisdom will be vindicated by her own actions.” Then Jesus prayed, “Abba God, Creator of heaven and earth, to you I offer praise; for what you have hidden from the learned and the clever, you have revealed to the youngest children. Yes, Abba, everything is as you want it to be.” Jesus continued, “Everything has been handed over to me by Abba God. No one knows the Only Begotten except Abba God, and no one knows Abba God except the Only Begotten – and those to whom the Only Begotten wants to give that revelation. Come to me, all you who labour and carry heavy burdens, and I will give you rest. Take my yoke upon your shoulders and learn from me, for I am gentle and humble of heart. Here you will find rest for your souls, for my yoke is easy and my burden is light.”



(prayer)

first impressions

- always based on assumptions, prejudices, our own experience and filters
- gut reactions are valid and honest, but not necessarily helpful
 - canada day flag examples

matthew reading two parts

- 16-19: things aren’t good enough for the complaining generation
 - played music, didn’t dance; lead mourning ritual, didn’t join in
 - John the Baptist fasted - he is possessed
 - Jesus didn’t fast - he is a glutton and a drunkard, overly friendly with tax collectors and sinners; no matter how wise Jesus’ actions were
- every gen things the one after them is the complaining generations: never good enough
- 25-30: jesus offers to not leave people alone and burdened
 - a metaphor people can relate to - physically heavy things
 - a deeply comforting passage:

Rev. T. Blaine Gregg

- *Come to me, all you who labour and carry heavy burdens, and I will give you rest. Take my yoke upon your shoulders and learn from me, for I am gentle and humble of heart. Here you will find rest for your souls, for my yoke is easy and my burden is light.*

what is heavy can change; can train to carry heavier things

- can build up strength - sports (practice); gym (heavier weights)
- even in olympics, polevaulters don't start at the WR

change the other way; ; might not be able to carry as much any more

- our capacity can ebb and flow - we all slow down; major changes (injury)

beyond the metaphor...

- life's burdens are emotional, social, relationship-driven
- many factors can affect our ability *to carry* on our own
- can build up ability - ease into it - supportive environment, confidence
- can become overwhelmed into not being able to cope

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an interesting aspect of this passage - not support for other: help in caring burdens

- jesus doesn't say *I will carry it for you* (not the footprints poem, not Samwise on Mt Doom)
- jesus says *take my yoke, my burden* - put *your* burdens down and carry a new thing - which is easier, giving you rest and an ease of the soul

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what is jesus' light burden? hint in passage: *I am gentle and humble of heart*

- resist the assumptions - the burden of judging some hastily
- take time to figure out what is really important
- "worry" is a very energy consuming emotion: it weighs us down
- worry about things we can make a difference about
 - not easy - worry about others (sometimes more than they worry about themselves: parents' dilemma)
- releasing burdens begins with believing that we can move from unease to ease

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holy companion

- not alone in spirit
- that's the promise

(prayer)

#626VU I Heard the Voice of Jesus