

Scripture Reading

Matthew 11:28-30 (NIV)

²⁸ "Come to me, all you who are weary and burdened, 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."

1) Let my people go so they may worship Me

Exodus 5:1-9 (NIV)

¹ Afterward Moses and Aaron went to Pharaoh and said, "This is what the LORD, the God of Israel, says: 'Let my people go, so that they may hold a festival to me in the desert.'" ² Pharaoh said, "Who is the LORD, that I should obey him and let Israel go? I do not know the LORD and I will not let Israel go." ³ Then they said, "The God of the Hebrews has met with us. Now let us take a three-day journey into the desert to offer sacrifices to the LORD our God, or he may strike us with plagues or with the sword." ⁴ But the king of Egypt said, "Moses and Aaron, why are you taking the people away from their labor? Get back to your work!" ⁵ Then Pharaoh said, "Look, the people of the land are now numerous, and you are stopping them from working." ⁶ That same day Pharaoh gave this order to the slave drivers and foremen in charge of the people: ⁷ "You are no longer to supply the people with straw for making bricks; let them go and gather their own straw. ⁸ But require them to make the same number of bricks as before; don't reduce the quota. They are lazy; that is why they are crying out, 'Let us go and sacrifice to our God.' ⁹ Make the work harder for the men so that they keep working and pay no attention to lies."

2) The ten words

Exodus 20:1-2 (NIV)

¹ And God spoke all these words: ² "I am the LORD your God, who brought you out of Egypt, out of the land of slavery."

3) No other gods before me

Exodus 20:1-5a (NIV)

¹ And God spoke all these words: ² "I am the LORD your God, who brought you out of Egypt, out of the land of slavery. ³ "You shall have no other gods before me. ⁴ "You shall not make for yourself an idol in the form of anything in heaven above

or on the earth beneath or in the waters below.⁵ You shall not bow down to them or worship them;

4) Where am I still in Egypt?

Matthew 11:28-30 (MSG)

²⁸ "Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. ²⁹ Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. ³⁰ Keep company with me and you'll learn to live freely and lightly."