



# Session 1

COME TO JESUS

“Because you have made us for yourself,  
our hearts are restless until they find their  
rest in thee.”

Augustine, Confessions

At that time Jesus declared, “I thank you, Father, Lord of heaven and earth, that you have hidden these things from the wise and understanding and revealed them to little children; yes, Father, for such was your gracious will. All things have been handed over to me by my Father, and no one knows the Son except the Father, and no one knows the Father except the Son and anyone to whom the Son chooses to reveal him. Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.”

Matthew 11:25-30

## Woe to Scribes and Pharisees

They tie up heavy, hard to bear, and lay them on people's shoulders, but they themselves are not willing to move them with their finger.

Matthew 23:4

Come to me, all who labor and are heavy laden,  
and I will give you rest. Take my yoke upon you,  
and learn from me, for I am gentle and lowly in  
heart, and you will find rest for your souls. For  
my yoke is easy, and my burden is light.

Matthew 11:28-30

## Matthew 12:1-8

At that time Jesus went through the grainfields on the Sabbath. His disciples were hungry, and they began to pluck heads of grain and to eat. But when the Pharisees saw it, they said to him, “Look, your disciples are doing what is not lawful to do on the Sabbath.” He said to them, “Have you not read what David did when he was hungry, and those who were with him: how he entered the house of God and ate the bread of the Presence, which it was not lawful for him to eat nor for those who were with him, but only for the priests? Or have you not read in the Law how on the Sabbath the priests in the temple profane the Sabbath and are guiltless?”

I tell you, something greater than the temple is here. And if you had known what this means, ‘I desire mercy, and not sacrifice,’ you would not have condemned the guiltless. For the Son of Man is lord of the Sabbath.”

Matthew 12:1-8

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