



Monthly Meditation

June, 2024

Monthly Theme

“I am gentle and humble of heart.”

Scripture

Matthew 11:28-30

“Come to me, all you who labor and are burdened,* and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble of heart; and you will find rest for yourselves. For my yoke is easy, and my burden light.”

Reflection

1. Read the passages aloud and then one more time, slowly and thoughtfully.
2. Reflect on what word or phrase from these words of Jesus stand out to you.
3. Read the passages once more, slowly and thoughtfully.
4. What do you feel the Lord is trying to tell you in this word or phrase?

Discussion

1. What word or phrase from this scripture passage stands out to you? Why?
2. What does it mean to you when Jesus says, "I am gentle and humble of heart"?
3. When you are struggling or feeling burdened, is it easier to complain or to turn to Jesus with those burdens? Why do you feel this way?
4. What does Jesus mean when he says His yoke is easy and His burden light?
5. Do you remember a time when you were struggling and you turned to Jesus in that struggle? What happened?

Action

This month, practice taking time to visit with Jesus about the things you are struggling with each day. Then, pay attention to see how He will work to help ease those burdens for you.

Prayer

Into my heart,
Into my heart,
Come into my heart, Lord Jesus.

Come in, to stay.
Come in, I pray.
Come into my heart, Lord Jesus.

Amen.