

Today, many
people are
tired.



Being involved in church can make our lives even more busy and tired
교회생활이 우리 삶을 오히려 더 바쁘고 피곤하게 할 수 있습니다.



Matthew 11:28

“Come to me, all you who
are weary and burdened,
and I will give you rest”

Jesus offers
us a **yoke**



Learning

- *manthano*
in New Testament Greek

← ***manthetes* : disciple**

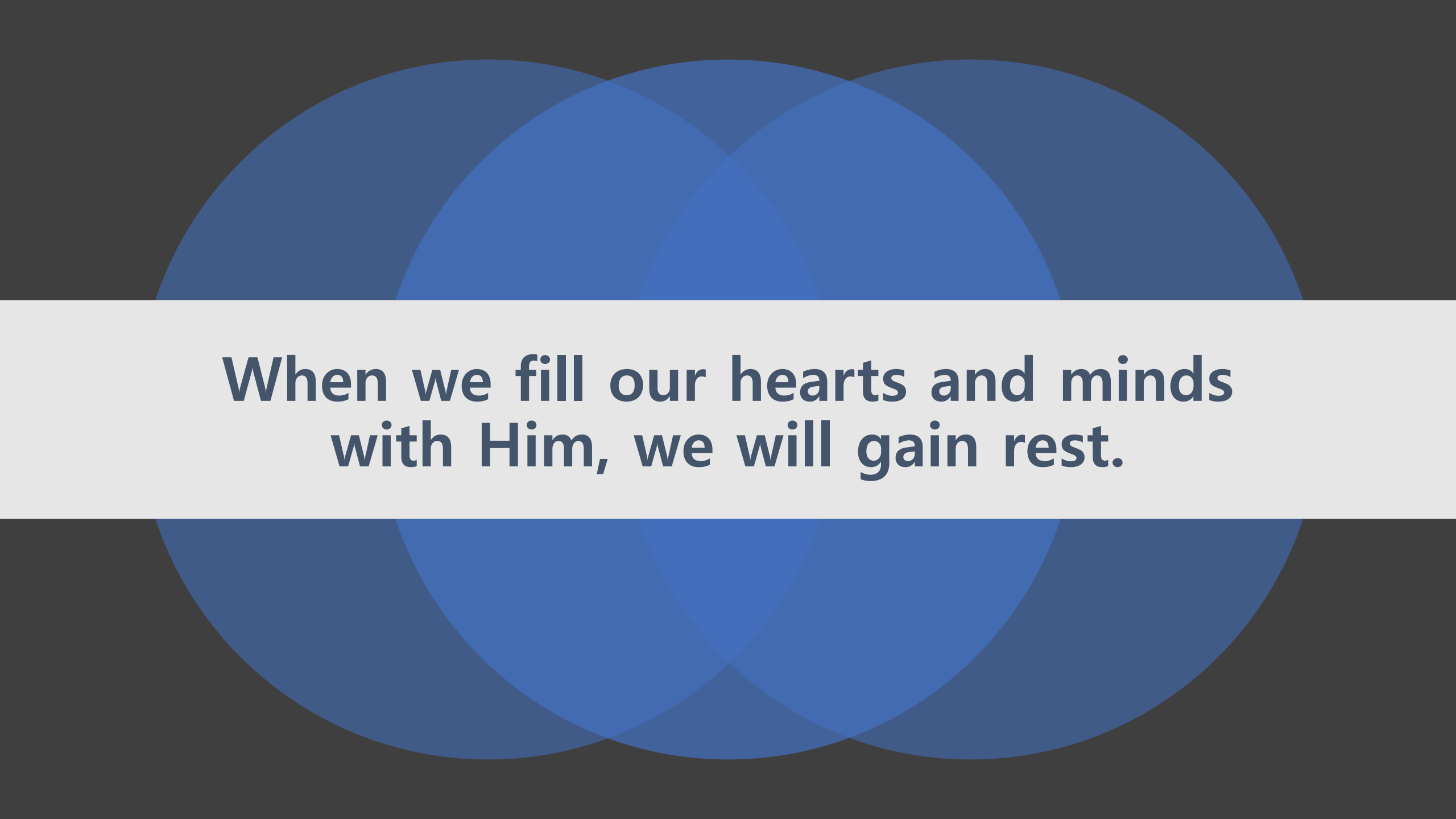
The first step to
get the true rest is

**to rely on the
Holy Spirit.**

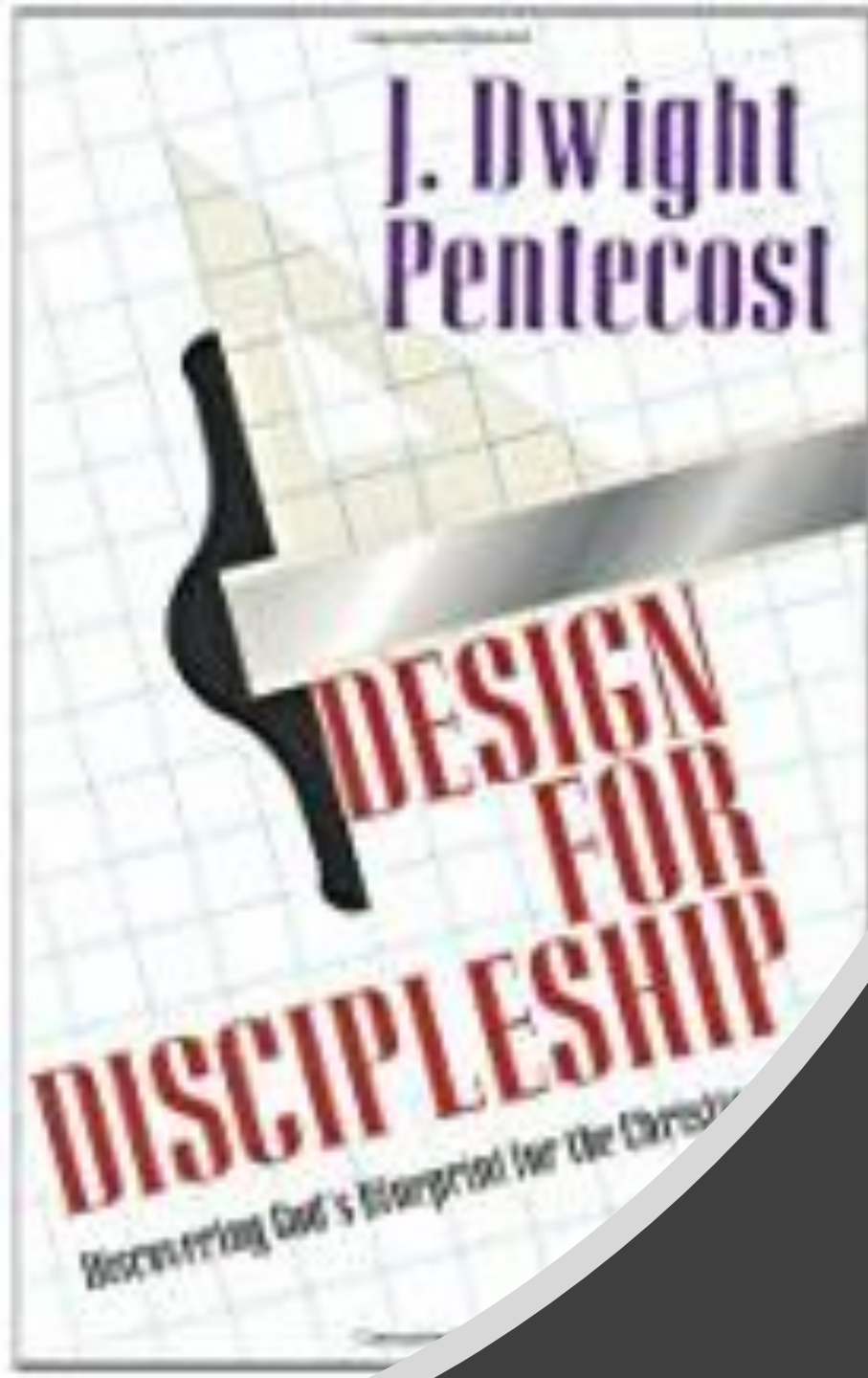




Spirituality of emptying 비움의 영성 vs
Spirituality of filling 채움의 영성

The background features three overlapping circles in a horizontal row. The circles are a medium blue color and overlap significantly, creating a central area where all three circles intersect. The background is a solid dark gray. A white horizontal band runs across the middle of the image, containing the text.

**When we fill our hearts and minds
with Him, we will gain rest.**



Dwight Pentecost,

*Design for
Discipleship*



The huge ox towered over the little ox
작은 황소 위에 우뚝 솟은 커다란 황소

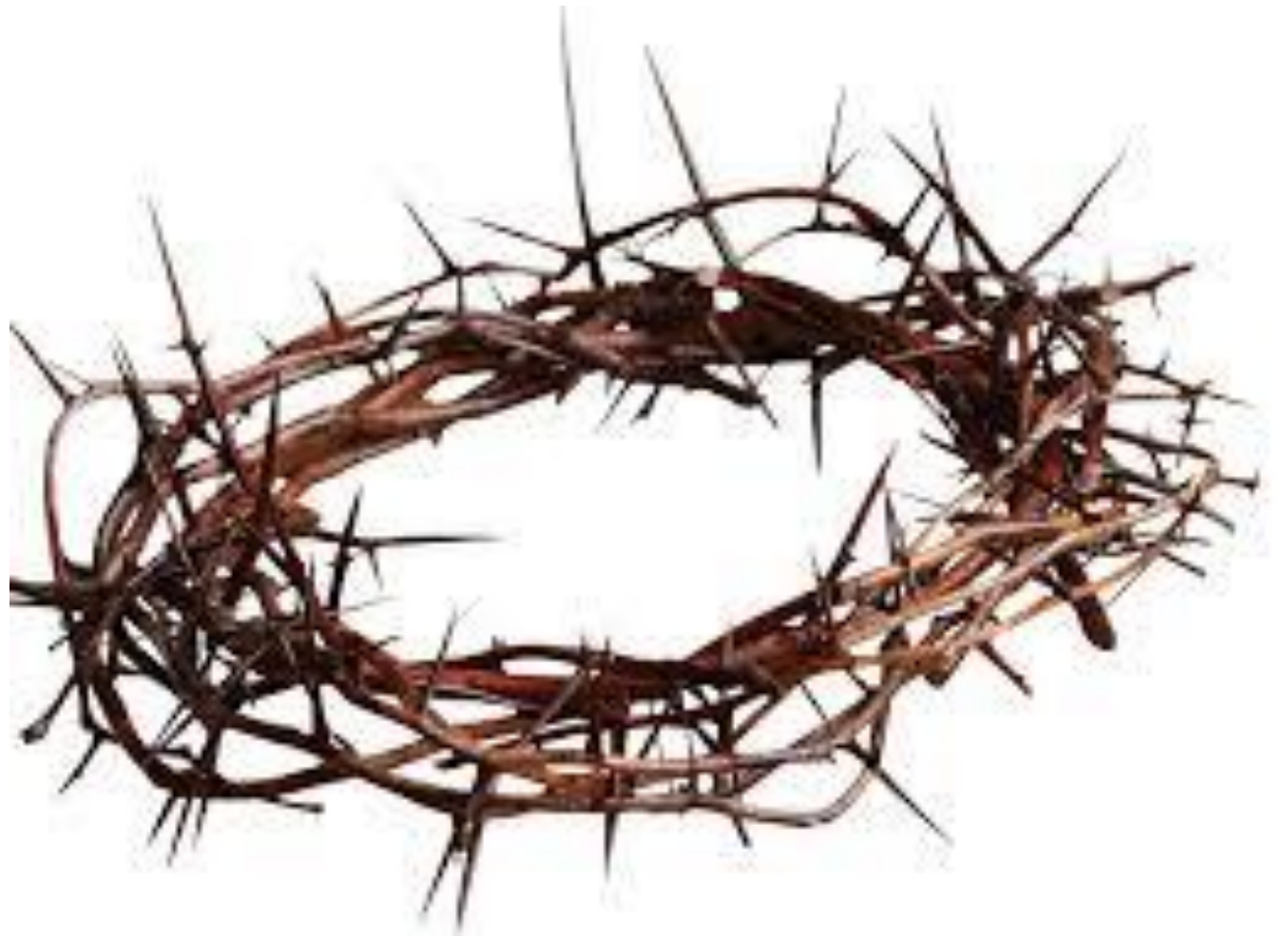


Take my yoke upon you, learn from me;
for I am like "the huge ox"

A Thorn Tree (가시나무)

by Rev. Ha,
Deok-Kyu

https://www.youtube.com/watch?v=1g6d0th_3wU



Lent

- It's a time to see if there isn't too much of "you" in your mind.

당신 안에 너무나 많은 "당신"이 있지 않은 지 생각해 볼 시간입니다.

I am
with you
always - even
to the very
end of the age.

Matthew 28:20

Fill our minds with Him(the
Holy Spirit) for the true rest.

He will lead us ALWAYS.