

## St. John's EBCs, Everyday Bible Conversations!

*EBC 3, 2, 1! – On Location in 2026! Leading to Worship Sunday June 7, 2026*

### **Reading: Matthew 11:28-30**

EBC focuses on bringing the Bible into our Everyday Lives, emphasizing God's Everyday presence by finding connections in our physical world! This week, we think about our burdens, or more accurately for this reflection, our baggage or luggage. Click here: [Video Link](#)

Welcome to this week's EBC 3,2,1! Three points, two questions, and one action step!

### **Three Points**

- Jesus invites the weary to come to him, but first we must "check the tags" and ask whether the burdens we are carrying are truly ours to bear.
- Many of the heaviest loads in life come from expectations, worries, and obligations that God never placed upon us in the first place.
- Jesus' yoke is light not because discipleship is effortless, but because Christ frees us from carrying burdens that belong to others, to society, or to our own fears.

### **Two Questions**

- What burden are you carrying right now, and how can you tell whether it is truly yours to carry?
- Are there expectations (from yourself, others, or society) that have become a heavier load than God intends for you?

### **Action Step**

- When you feel stressed or overwhelmed, pause and "check the tags" on your burdens: make a list of what is weighing on you and identify which responsibilities are genuinely yours and which may be handed over to God, shared with others, or simply set down.

*Don't like these questions? Do these verses say something different to you? Great! What it is?*

And as always, you are encouraged to find a friend (or two or many) and take an EBC coffee break! Find 15-25 minutes somewhere in the week and share your faith. Have fun finding God this week in your Everyday Life!