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A Spiritual Lesson in Toon Language:  
Lesson 23

By God and Richie Heinlein  
(In God I Trust and Write)

Series: Power Rangers Zeo

Episode: Rock-A-Bye Power Rangers

Topic: Atlas, Put The World Down—Rest  
For The Weary

# Introduction:

**This lesson begins with a little background information on Greek mythology (namely Atlas). We discuss basically how Atlas must feel if he were alive and forced to hold heaven and earth separate for all eternity. I used clips from the Power Rangers Zeo episode **Rock-A-Bye Power Rangers**. This lesson is very simple to understand and hard to put into practice. However, this is a command that Jesus gives.**

## **The Bible States:**

**Mt 11:25 At that time Jesus said, “I praise you, Father, Lord of heaven and earth, because you have hidden these things from the wise and learned, and revealed them to little children.**

**Mt 11:26 Yes, Father, for this was your good pleasure.**

**Mt 11:27 “All things have been committed to me by my Father. No one knows the Son except the Father, and no one knows the Father except the Son and those to whom the Son chooses to reveal him.**

**Mt 11:28 “Come to me, all you who are weary and burdened, and I will give you rest.**

**Mt 11:29 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.**

**Mt 11:30 For my yoke is easy and my burden is light.”**

**This doesn’t sound like what Atlas is experiencing (if he were real) here does it?**

**Scriptures Used Include: Luke 22: 39-46; Matthew 11: 25-30**

## I) Opening Prayer

II) Opening Discussion: In Greek myth, there is a Titan named Atlas. He was, according to this myth punished by a god named Zeus and forced to hold all of the weight of heaven and earth forever to hold them asunder or separate. I guess according to this myth, he is still serving this sentence today. Have you ever felt like you had a lot of things to do but no time to do them? Have you ever felt like the responsibility of these things was burdening you so bad that

you didn't know if you could do it all and  
that you didn't know to whom to turn for aid  
(probably much like Atlas)? Whether or not  
you have felt this way, why is this a bad  
thing?

III) Clip Show I: Show Clip # 1 of **Rock-A-  
Bye Power Rangers**

Cartoon Link:

[http://toonspirit.net/lessons\\_and\\_studies/123/](http://toonspirit.net/lessons_and_studies/123/)

[Rest1.webm](#)

IV) Opening Discussion: What do you see here? Why would you need God in this circumstance?

V) Bible Study: Luke 22: 39-46

The Bible States:

39 Jesus went out as usual to the Mount of Olives, and his disciples followed him.

40 On reaching the place, he said to them,  
“Pray that you will not fall into temptation.”

41 He withdrew about a stone's throw  
beyond them, knelt down and prayed,

42 "Father, if you are willing, take this cup  
from me; yet not my will, but yours be  
done."

43 An angel from heaven appeared to him  
and strengthened him.

44 And being in anguish, he prayed more earnestly, and his sweat was like drops of blood falling to the ground.

45 When he rose from prayer and went back to the disciples, he found them asleep, exhausted from sorrow.

46 “Why are you sleeping?” he asked them. “Get up and pray so that you will not fall into temptation.”

VI) Analysis And Discussion I: How does the clip link to the Bible passage? What does this mean personally?

In this clip, we see the rash of attacks on the town is beating up our heroes mentally and physically. This is because that even though the attacks are not big ones, the frequency of them is wearing the Rangers thin. On top of this, there is talk of a major attack soon by the Machine King. They are tempted to fall asleep, but they have a job to do. The disciples are a good example of what not to



do here because they couldn't keep their eyes open for a little while longer to pray to stay strong in the Lord because trouble was brewing then too with the impending crucifixion. The disciples needed to be able to stand up against the temptation of falling away when times were about to get much tougher for their faith. So, falling asleep here not only means physical sleep at the wrong time, but it could mean spiritually falling asleep if the disciples weren't really

careful here. Jesus' disciples let Him down  
in a very real sense here.

Because in this situation you can't fall  
asleep now, what would your reaction be?

Show Clip #2 Of **Rock-A-Bye Power**

**Rangers**

Cartoon Link:

[http://toonspirit.net/lessons\\_and\\_studies/123/](http://toonspirit.net/lessons_and_studies/123/)

[Rest2.webm](#)

The new monster arrives and starts putting  
people to sleep with a spell so that no one

fights back. When Zordon talks about this sleeping spell, Rocky (in blue), says that this sleeping spell sounds good (he's joking but half-serious). Why would he have this reaction and why would the reality of this be a bad thing? Have you ever been tempted to fall asleep at your post like Jesus' disciples or our heroes in the clip? Could you explain this to the class, or if you haven't, what would this be like? How would you handle this temptation?

VII) Show Clip # 3 of **Rock-A-Bye Power**

**Rangers**

Cartoon Link:

[http://toonspirit.net/lessons\\_and\\_studies/123/](http://toonspirit.net/lessons_and_studies/123/)

[Rest3.webm](#)

VIII) Bible Study # II: Matthew 11: 25-30

The Bible States:

**Mt 11:25 At that time Jesus said, “I praise you, Father, Lord of heaven and earth, because you have hidden these things from the wise and learned, and revealed them to little children.**

**Mt 11:26 Yes, Father, for this was your good pleasure.**

**Mt 11:27 “All things have been committed to me by my Father. No one knows the Son except the Father, and no one knows the Father except the Son and those to whom the Son chooses to reveal him.**

**Mt 11:28 “Come to me, all you who are weary and burdened, and I will give you rest.**

**Mt 11:29 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.**

**Mt 11:30 For my yoke is easy and my burden is light.”**

IX) Analysis And Discussion II: [How does this clip link to the Bible passage? Thinking](#)

figuratively, how did God give rest to our weary heroes?

The way I see it, after Somnibot's explosive exit, we see that the Machine Queen is trying to rouse her husband because of the defeat. The Machine King is fast asleep and cannot be roused. This is how God worked in this show. God made King Mondo (The Machine King) to fall asleep for a while.

So, even in real life, we have to understand that we have a job to do, but God will be with us so things are done properly and He

will give physical sleep and/rest at the proper time of His choosing and we must be ready to work and pray properly at any time and be able to take physical sleep and rest properly as well as be able to rest in the Lord properly in mind-clearing meditation, prayer, and His kind of comfort--the knowledge of true spiritual security that God is in charge and will supply our needs at the proper time.

What are the benefits of a good busy life, but also a restful one at the same time? It is

obvious that our Lord and Savior Jesus

Christ doesn't want us to be like Atlas.

Why? How can you find Jesus' rest for the weary?

My answer is this, there is a scripture that is well known and I will share this for you to meditate on.

The Bible States In Ephesians 5: 8-20:

8 For you were once darkness, but now you are light in the Lord. Live as children of light



9 (for the fruit of the light consists in all  
goodness, righteousness and truth)

10 and find out what pleases the Lord.

11 Have nothing to do with the fruitless  
deeds of darkness, but rather expose them.

12 It is shameful even to mention what the  
disobedient do in secret.

13 But everything exposed by the light becomes visible—and everything that is illuminated becomes a light.

14 This is why it is said:

“Wake up, sleeper,  
rise from the dead,  
and Christ will shine on you.”

15 Be very careful, then, how you live—not as unwise but as wise,

16 making the most of every opportunity, because the days are evil.

17 Therefore do not be foolish, but understand what the Lord’s will is.

18 Do not get drunk on wine, which leads to debauchery. Instead, be filled with the Spirit,

19 speaking to one another with psalms, hymns, and songs from the Spirit. Sing and make music from your heart to the Lord,

20 always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ.

In respect to that question: don't fall asleep on your spiritual or physical duties that are

needed, however, Atlas, Put The World

Down!! Follow Jesus!!

X) Closing Prayer