

“REST FOR THE WEARY”

WE HAVE LEARNED...

- That we sometimes doubt if God is really God!
- That doubt is common among all of us.
- That doubts usually come to us when we face difficult times or when we feel alone.

THE LIFE OF JESUS IN MATTHEW

MATTHEW 11

- John the Baptist doubts
- Jesus shows that God is in control
- Jesus’ “home cities” doubt through indifference & ignoring Him

THE SCRIPTURES

“Come to me, all you who are weary and burdened, and I will give you rest. ²⁹Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. ³⁰For my yoke is easy and my burden is light.”
– Matthew 11:28-30

1. COME TO ME AND REST

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

- Burdened – to have a weight placed upon you
- Rest – to be secure; without cares

The burdens we carry often come in four categories

- Doubt
- Conflict
- Fear
- Guilt

2. LEARN FROM ME – FIND REST FOR YOUR SOUL

“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.”
– Matthew 11:29

In Jesus’ day, the word “yoke” meant:

1. The instrument placed on two animals so they could work together.
 2. The teachings/philosophies that the disciples of a teacher would take upon themselves as they learned from him.
- The teachings of the Pharisees were mostly more laws they invented and placed on top of the Old Testament laws. Jesus says about them: “They tie up heavy, cumbersome loads and put them on other people’s shoulders, but they themselves are not willing to lift a finger to help them.”
– Matthew 23:4
 - But Jesus came as a servant. We’re told: “Cast all your cares upon Him, for He cares for you.”
– 1 Peter 5:7

3. JOIN ME – LIFE’S BURDENS CAN BE LIGHT

“For my yoke is easy and my burden is light.”
– Matthew 11:28-30

The yoke that the Pharisees laid on the people produced two things:

1. Self-righteousness.
2. Impossible burdens.

Jesus’ yoke is easy and His burden is light.

How do we know this is true?

1. The Person of the Yoke.
2. The Product of the Yoke.

“For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all.”
– 2 Corinthians 4:17

- The ultimate product of taking Jesus’ yoke on you is a Sabbath’s rest. Real rest for your soul. Eternal rest with Him.

CONCLUSION

Come to Jesus today. Join Him in together walking through life. You’ll find His yoke is easy. You’ll find rest for your soul.

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