

“How Do I Find Rest For My Soul?”

Come to me, all you who are weary and burdened, and I will give you rest. 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. For my yoke is easy and my burden is light.

Matthew 11:28-30

Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly.

THE MESSAGE

<u>US:</u>	←————→	<u>JESUS:</u>
<i>Come</i>		<i>Give</i>
<i>Take</i>		
<i>Learn</i>		
<i>Find</i>		

1. Respond to the invitation of Jesus.

Come to me, all you who are weary and burdened, and I will give you rest. V. 28

a. Come to Jesus.

“Come,” he replied, “and you will see.” John 1:39

“Come, follow me,” Jesus said, “and I will send you out to fish for people.” Matthew 4:19

*Let anyone who is thirsty **come to me** and drink.* John 7:37

b. Come as you are.

“Come now, let us settle the matter,” says the Lord.

“Though your sins are like scarlet, they shall be as white as snow...” Isaiah 1:19

2. Trust that God is in control.

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. V. 29

a. Jesus is our example.

Looking to Jesus, the founder and perfecter of our faith, who for the joy that was set before him endured the cross...

Hebrews 12:2

b. His heart is for us!

What, then, shall we say in response to these things? If God is for us, who can be against us?

Romans 8:31

3. Learn the unforced rhythms of grace.

For my yoke is easy and my burden is light. V. 30

Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. V. 29 MSG

a. Stay connected to Jesus.

Remain in me, as I also remain in you. No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in me.

John 15:4

b. Go in His strength.

My salvation and my honour depend on God; he is my mighty rock, my refuge.

Psalms 62:7

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Find

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