

Come and Find Rest

Matthew 11:25-30

A. How Do We Find Rest In God?

1. Jesus starts with praise (Matthew 11:25-26)
2. God reveals truth to those with childlike faith, not the self-sufficient or arrogant.
3. Jesus praises God's sovereignty in revealing truth to those who truly seek Him.
4. True understanding of God comes from a heart open to His revelation.

B. Our Inviting Lord

1. Our Lord's invitations are expressions of His love to both saints and sinners.
2. The first invitation in the New Testament to the weary to find rest.
3. Jesus is speaking to a weary people burdened by religious legalism.
4. They were worn down by life's struggles, just as we all get tired & weary.

C. An Invitation to Physical Rest (v. 28)

1. The invitation is to "all you that labour".
2. Jesus identifies with working people.
 - a. He knows about long hours of hard labour.
 - b. Jesus spoke of sowers, shepherds, fishermen, etc.
 - c. He chose hard-working men to be His disciples.
3. Are you tired, wondering how to find strength to go on?
 - a. Jesus understands and cares.
 - b. He offers strength to you. (Isa. 40:31 & Phil. 4:13)
4. Those who come to Jesus find rest.
 - a. They find strength in worship.
 - b. They can be refreshed by resting in Him.

D. An Invitation to Emotional Rest (v. 28)

1. The invitation is to those who "are heavy laden".
2. Emotional burdens drain our strength, make us tired, robs us of energy.
3. Those who are heavy laden with cares find rest in Christ.
4. In any & every situation, He is the great problem solver.
 - a. We can cast our cares on Him. (1 Peter 5:7)
 - b. He gives peace when we are troubled. (John 14:27)
 - c. His peace guards our hearts. (Phil. 4:6-7)
 - d. His grace is sufficient for all our needs. (2 Cor. 12:9)
5. He gives us the promise of rest. "*My yoke is easy, and my burden is light*"
6. We can see the contrasting burdens being on offer.
7. The Pharisees place heavy religious burdens, but Jesus offers freedom & peace.
8. True rest comes through surrender, not striving.

E. An Invitation to Spiritual Rest

1. Our souls never rest until they rest in Him
2. We try works, religious ritual, etc. but trying to keep the law exhausts us.
3. Only Christ brings rest. [Note pronouns *me, I, my, me, I, my, & my* in v28-30]
4. Faith comes not by works or ritual but by faith (Eph. 2:8-9)

F. Come to Jesus, and Find Complete Rest in Him

1. This is a call to the weary, a personal invitation to relationship, not religion.
2. He is inviting all who are weary & burdened by sin, legalism, & life's struggles.
3. Jesus promises to give true rest—peace, salvation, and freedom.
4. Yoke has a variety of meanings, usually teamwork, submission, or guidance.
5. So, to be yoked to Jesus is to serve and follow Him.
6. Everyone is yoked to someone or something. What do you want to be yoked to?
7. Some are yoked to the power of sin. They are under its control.
8. (See Galatians 5:1; 1 Timothy 6:1-2; & Isaiah 58:6)
9. Jesus releases the yoke of oppression & helps us to take on His yoke instead.
10. Why not avoid yokes altogether and do our own thing?
11. Ironically, there is a comfort in being "yoked" to something or someone.
12. Two oxen are chosen to share a yoke. The first is an older ox, trained & hardy.
13. The second is a new young ox. He has potential but is inexperienced.
14. The elder trains the young by sharing the same yoke with a veteran workhorse.
15. The more experienced one also draws harder to bear the majority of the load.
16. This very much resembles discipleship. Jesus invites us to 'learn from Him.'
17. This is another way of stating, 'be my disciple.' The paraphrase?
18. *"Be yoked with me. Let me disciple You. I'll bear the weight of your burden. My yoke is good & you will find rest as we work together."*

G. Those Yoked with Christ by Faith Enjoy Serving Him

1. Jesus is gentle and humble in heart, & He invites us to learn from Him.
2. He is offering a different kind of leadership than the world.
3. Surrender to Jesus means walking in obedience while experiencing His grace.
4. We see the authority of Jesus (Matthew 11:27)
5. Jesus declares His unique relationship with the Father – a Divine Sonship.
6. Trusting Jesus means acknowledging His supreme authority.
7. That trust then invites us to seek Him for wisdom and guidance.

H. Conclusion

1. Jesus reveals truth to the humble.
2. He alone has the authority to bring us to the Father.
3. He invites the weary to come, take His yoke, and find rest.
4. Are you weary? Come to Jesus today.
5. Are you trying to carry burdens alone? Surrender them to Him.
6. Trust in Jesus for true and lasting rest.