

Matt 11:28-30

Follow me to rest



**FOLLOW ME
TOGETHER**



Come to Jesus for rest

***Thou hast made us for thyself, O Lord, and
our heart is restless until it finds its rest in
thee.***

Augustine



Come to Jesus for rest

*Our soul is restless,
until it finds its rest in Jesus*



Matt 11:28-30

“Come to Me, all who are weary and heavy-laden, 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.”



Matt 11:28-30 - Personal

*“Come to **Me**, all who are weary and heavy-laden, 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.”*



Matt 11:28-30 - Poetic

“Come to Me, all who are wearry and heavy-laden, 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.”



Matt 11:28-30 - Practical

*“**Come** to Me, all who are weary and heavy-laden, 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.”*



Matt 11:28-30 - Peaceful

“Come to Me, all who are weary and heavy-laden, 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.”



Invitation

Invitation – “Come”

- *Means someone’s presence is desired*
- *Requires setting priorities*
- *Triggers a response*



Qualification

Qualification – “All who are weary and heavy-laden”

- *Weary/toiling: exhaustion from doing stuff*
- *Heavy-laden/burdened: carrying a load*



Qualification

- *Context: Jesus was speaking to Jews*
- *Oppressive system of laws and sacrifices*
 - *Weary from religious requirements*
 - *Burdened by slavery to sin*
- *BC = Before the cross!*
- *Open invitation - to a specific group*



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Salvation

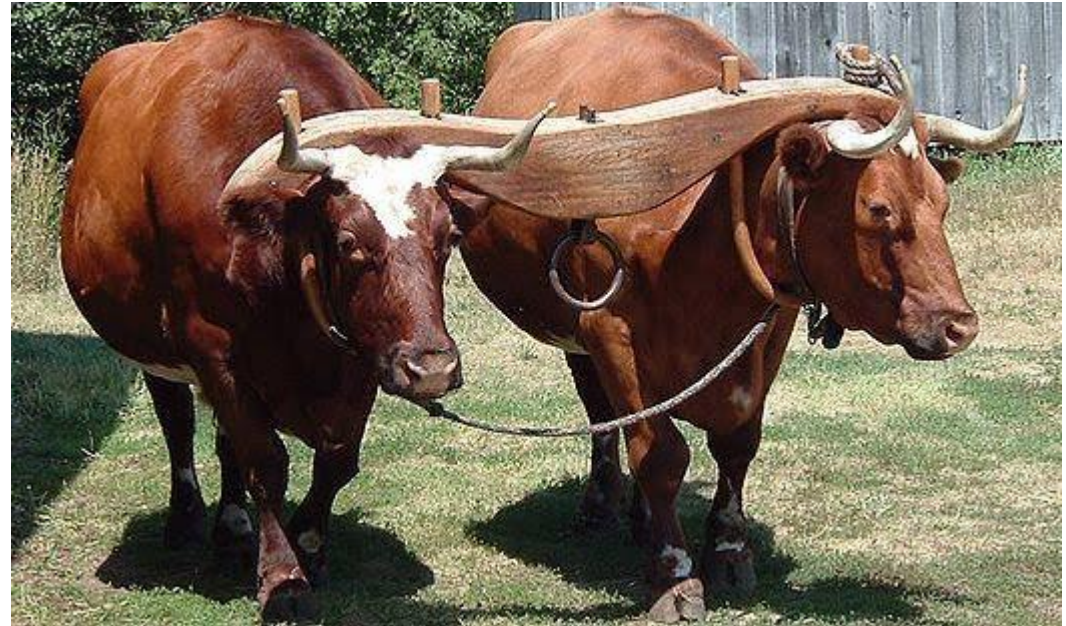
Salvation – “Rest for your souls”

- *Hebrews 10:11+12 => sacrifice, once for all*
- *Ephesians 2:4-6 => we are seated with Christ*



Invitation

Invitation – “Take my yoke and learn from me”



Invitation

- *A yoke would ensure that the two oxen would*
 - *Stay close and move in the same direction*
 - *Share the load and learn from each other*
- *Yoke was a common term*
- *Yoke is discipleship language*



Discipleship

Teacher: Rabbi

Apprentice: Disciple

The Goal: To know what the teacher knows ... to live as the teacher lives



Qualification

Qualification of the yoke

- *For I am gentle and humble in heart*
- *For my yoke is easy and my burden is light*



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Come to Jesus for rest!

- Destination:
 - Come, **TO ME!**

Story of Tham Luang Cave Rescue



Application:

Come to Jesus for rest

- Invitation for the weary and heavy-laden
 - Jesus **WANTS** you to come!
- Which tunnels are you digging?



Application:

Come to Jesus for rest

- We settle for superficial rest
- We add fuel to the fire of our soul's restlessness
- We stop short of our ultimate goal: Jesus



Application:

- This week: Come to Jesus for rest!

Suggestions:

- Psalm 42:1-5 - As the deer pants for the water
- Psalm 23:1-3 - The Lord is my shepherd
- Galatians 2:20 - I have been crucified with Christ
- Heb 12:2 - Let us fix our eyes on Jesus

