

Title: Rest for the Weary

Text: Matt 11:28-30

Opening Illustration: I read an article recently with the following description.

I don't think I've ever felt wearier than I have these past six months. I don't need to go into all the boring details. There hasn't been a crisis or anything like that.

Jen has been dealing with ongoing health challenges and life has dealt us some unexpected blows. That's all. Nothing crazy out of the ordinary. Just the hardness of life.

It's the kind of tiredness that sleep can't fix, the kind of worn-out-ness that a vacation won't solve.

I need a solution that runs much deeper. (Nov 27, 2018)

Can you relate?

What are we to do with the weariness? Where are we to find rest?

I did an internet search and here's what I found:

"How to eliminate stress from your life" – 107,000,000

"Rid you life of stress in 30 days" – 38,000,000

Bottom Line: The world is weary and looking desperately for rest.

Buddhism suggests a four-fold path to peace-giving enlightenment.

Islam offers 5 pillars of peace through submission.

TV preachers offer 10 ways to relieve your stress.

Jesus simply says: "Come to me..."

Proposition: Come to Jesus for Rest main point of our study & the *main point of the whole Bible*

Our text this morning answers three questions:

- I. Who can come to Jesus?
- II. What is the result of coming to Jesus?
- III. To whom are we coming?

I. Who can come to Jesus?

In one sense everyone can come, in this room and the whole world. It's radically inclusive...

(vs. 28a) Come to me all...

Whether you are:

Single / married / Divorced → come to Jesus

Young person / adult → come to Jesus

Addicted to drugs, alcohol or pornography / Sober & living in purity → come to Jesus

Rich / poor → come to Jesus

Good back ground / Bad back ground → come to Jesus

Employed / Unemployed → come to Jesus

Living in Chaos / Order → come to Jesus All

Rev 9 “After this I looked, and behold, a great multitude that no one could number, from every nation, from all tribes and peoples and languages, standing before the throne and before the Lamb, clothed in white robes... Salvation belongs to our God who sits on the throne, and to the Lamb!”

This should be profoundly encouraging to you this morning:

Kids: do you sometimes feel overlooked and unheard when you are around adults? Not so with Jesus

(Matt / Mark / Luke) Disciples said no – Jesus rebuked them sharply and said, “Let the little children come to me...”

Maybe you’re here today and you feel like you don’t belong. If people only knew..... – Jesus says, Come to me all... All are invited to come to Jesus... All must come to Jesus. If you are here today, (Christian and non Christian alike) this message is for you.

Come to Jesus for Rest.

Transition: First, who can come? *It starts with an inclusive ALL but then Jesus qualifies it further*

(vs. 28) Come to me, all *who labor (are weary) and are heavy laden...* (why are you here this morning?)

Jesus invites All who labor and are heavy laden to come to him for rest...

All who labor – you are working hard but can’t quite keep your head above water. Driven to perform but plagued by a sense of inadequacy. You are frantically seeking a better life but it seems just beyond your reach.

Heavy Laden – while “labor” involves internal factors, “Heavy Laden” involves being weighed down by external factors, i.e. the actions of others, circumstances, things you can’t control...

Orlund: Whether you are actively working to crowbar your life into smoothness (“labor”) or passively finding yourself weighed down by something outside your control (“heavy laden”), Jesus Christ’s desire that you find rest, that you come out of the storm, outstrips even your own.

Paul Tripp “*The criteria for coming to Jesus is weariness. Come overwhelmed with life. Come with your wandering mind. Come messy... What does it feel like to be weary? You have trouble concentrating. The problems of the day are like claws in your brain. You feel pummeled by life. What does heavy-laden feel like? Same thing. You have so many problems you don’t even know where to start. You can’t do life on your own anymore.*”

Are you weary and heavy laden? Come to Jesus, *It’s that simple!*

Lies Satan has propagated for the last 2,000 years:

1. straighten things out and then come
2. you need something besides or in addition to Jesus in order to have rest
Subtle: you think deep down inside that \$ or kids salvation will bring rest – so you “come to Jesus” expecting to solve your problem (kids / health / finances) REST (Jesus is all we need for rest) Psalm 16

Transition: Question #1: Who can come to Jesus

Some of you may be thinking, “if I come to Jesus this morning, what will happen?” That’s question #2:

II. What is the Result of coming to Jesus? a. Rest

(vs. 28) Come to me, all who labor and are heavy laden, and I will give you rest.

The result of coming to Jesus is rest. This isn’t wishful thinking or an unattainable pipe dream. It’s a rock solid promise. I WILL GIVE YOU REST! (2x) (29b) ...and you will find rest for your souls. (This rest is both spiritual & physical)

Spiritual Rest: a sense of deep, abiding peace in your souls. The assurance that all is well. Commentator: In it’s original context, Jesus is offering freedom from the burden of sin. Every one of us has the Law written on our hearts... (abiding sense of guilt and shame) Rom 1 – everyone knows there is a God and that we are ultimately accountable to him – suppress it...

Physical Rest: Striving to be a better person to fill the emptiness. Is there something you are clinging to other than Jesus for rest? *A better marriage, a better job, better children, better health, better grades, more friends, more screen time...*

God has you in the palm of his loving hands. He loves us and he won’t let anything in the world separate us from his love.

Easy for you to say but you don't understand what I'm wrestling with. Housing market, marriage, financial pressures, mistreatment Acts 16 (The mood of this text is Psalm 23)

Transition: Come to Jesus for Rest & Purpose

b. Purpose

(vs. 29a) Take my yoke upon you and learn from me...

Yoke!? A yoke is placed on beasts of burden in order to do hard work. Give me rest but don't give me a job. In our minds work is the antithesis of rest... (involves submission & constraint)

Is Jesus offering us freedom or slavery, rest or work? *False dichotomy*

(vs. 30) For my yoke is easy, and my burden is light.

Ortlund: "A yoke is the heavy crossbar laid on the oxen to force them to drag farming equipment through the field. Jesus is using a kind of irony, saying that the yoke laid on his disciples is a non-yoke. For it is a yoke of kindness. Who could resist this? It's like telling a drowning man that he must put on the burden of a life preserver only to hear him shout back, sputtering, 'No way! Not me! This is hard enough, drowning here in these stormy waters. The last thing I need is the added burden of a life preserver around my body!'" "What helium does to a balloon, Jesus' yoke does to his followers."

But what is the yoke or the work?

1. John 6 – feeding the 5,000 (5,2,12) Believe in Jesus (put your trust and confidence in him and him alone)
2. We get to join the Father in the work he is doing here on earth!

(Child mowing with Dad – look what I did!)

(vs. 29a) ²⁹Take my yoke upon you, and learn from me...

We don't automatically figure this stuff out and practice it perfectly. It's going to take some time. We need to be really patient with each other. But how do we figure this life out? We must learn from him!

We are always learning stuff. But from whom are you learning?

Our culture is teaching us each and every day: Abortion as a health issue for women, Premarital Sex (movies), Gender confusion, homosexual marriage...

Christianity is a (word based faith) It requires learning... we can't come to Jesus without opening our bibles! And we can't do this independently, we need help – church

(1 Peter 1:10-12)

Transition: Come to Jesus for Rest:

Who can come? All who are weary & heavy laden

What is the result of coming to Jesus? Rest, Purpose & Learning

III. To Whom Are We Coming?

We are not simply coming to one who can give us Rest, Purpose & Significance— yes! We are coming to one who is himself of infinite value...

A. What is he like? (vs. 29b)

What do you think he's like? Two ends of the spectrum...

(Someone who's job is to forgive sins) OR (Someone who's perpetually disappointed with me...)

He is gently and lowly in heart:

Matt 11:29b ...I am gentle and lowly in heart...

1. Gentle: In other words, He is not harsh, reactionary or easily Provoked to anger, but gentle.

Ortlund: "The posture most natural to him is not a pointed finger but open arms."
We are coming to the one who sacrificed his life for us in order to draw us near.
Jesus is most happy when he is showing mercy to lost, undeserving sinners...

2. Lowly: humble

"Typically throughout the NT this Greek word refers not to humility as a virtue but to humility in the sense of destitution or being thrust downward by life." CROSS (Phil 2)

I'm sure you've gone somewhere in a group setting where you felt entirely alone. Maybe here this morning. Jesus himself is inviting you to come to him, and it doesn't get any better than that.

Gentle & Lowly... that's who you are coming to. A big part of his rest is that we don't have to do this life alone. He's placed us within a body of believers. Who are becoming increasingly like their savior – gentle & lowly, welcoming... (valley plant comment)...

Read out loud together...

Matt 11:28-30 ²⁸Come to me, all who labor and are heavy laden, and I will give you rest. ²⁹Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. ³⁰For my yoke is easy, and my burden is light.”