

## I Will Give You Rest, Matthew 11:27-30

### I. Rest

- A. September 11th, 2001 — I was stationed in Japan assigned to the 35th Security Forces Squadron
  - 1. 12 hour shifts — it was really about 15 or so hours depending on how long it took for changeover
  - 2. Over 30 days straight — I was ready for some rest!
- B. The idea of rest is very important to God
  - 1. Genesis 2:1–3 (ESV); <sup>1</sup> Thus the heavens and the earth were finished, and all the host of them. <sup>2</sup> And on the seventh day God finished his work that he had done, and he rested on the seventh day from all his work that he had done. <sup>3</sup> So God blessed the seventh day and made it holy, because on it God rested from all his work that he had done in creation.
  - 2. Exodus 31:15–17 (ESV); <sup>15</sup> Six days shall work be done, but the seventh day is a Sabbath of solemn rest, holy to the Lord. Whoever does any work on the Sabbath day shall be put to death. <sup>16</sup> Therefore the people of Israel shall keep the Sabbath, observing the Sabbath throughout their generations, as a covenant forever. <sup>17</sup> It is a sign forever between me and the people of Israel that in six days the Lord made heaven and earth, and on the seventh day he rested and was refreshed.’ ”
- C. Jesus (aside from showing the Israelites the true meaning of the Sabbath) also shows us the importance of rest
  - 1. Luke 5:16 (NASB95); But Jesus Himself would *often* slip away to the wilderness and pray.
  - 2. You can search through the Gospels and see just how often Jesus would find time to rest (recharge)
  - 3. It is interesting to note that rest does not mean ‘without God’ — we don’t rest from God, we rest from our labors just as God rested from His on the seventh day
- D. And the writer of Hebrews shows us our Sabbath day’s rest
  - 1. Hebrews 4:8–11 (ESV); <sup>8</sup> For if Joshua had given them rest, God would not have spoken of another day later on. <sup>9</sup> So then, there remains a Sabbath rest for the people of God, <sup>10</sup> for whoever has entered God’s rest has also rested from his works as God did from his. <sup>11</sup> Let us therefore strive to enter that rest, so that no one may fall by the same sort of disobedience.
  - 2. Israel originally refused to go into the promised land, so God made them wander in the desert until all the people, 20 years old and up, who did not obey God and enter the land died in the wilderness
  - 3. Joshua led them into the promised land and they ‘rested’ from wandering in the wilderness
  - 4. But that was not the rest God gives us

### II. Come To Me

- A. Matthew 11:28 (ESV); Come to me, all who labor and are heavy laden, and I will give you rest.
- B. Jesus wants us to come to Him! He wants a relationship with us — it is more than knowledge of Scripture and good works
- C. He wants us to go to Him first — in all things
- D. “All things have been handed over to Me by My Father” verse 26
  - 1. Jesus is the only one who can offer rest (not eternal rest, here)
  - 2. Jesus is the only one who has the power to forgive
  - 3. Jesus is the only one whose blood cleanses us
  - 4. Jesus is the only one who restores our relationship with the Father
  - 5. Jesus is the only Way, Truth, and Life!

- E. Jesus, speaking to the Israelites, was most likely referring to the 'heavy burden' of the law — the 'labor' of keeping the sacrifices and feast days (all 613 laws)
  - 1. But we can make application for us as well
  - 2. Life is not easy — it is hard and messy
  - 3. We make mistakes, then make more trying to fix the ones we made
  - 4. Jesus offers us rest — a pattern and style of life with Him (in a relationship) that precludes the worry and unrest that comes with a life without Him
    - a) We do often still worry and fret about decisions and about things that happen
    - b) But we don't have to!
    - c) Whenever you are worried, take it to Jesus — whenever you are anxious, take it to Jesus
    - d) He offers us a life of freedom — from sin, from worry, from all the things that would keep us from the Father

F. A life with Jesus is a life of rest

### III. Take My Yoke

- A. Matthew 11:29–30 (ESV); <sup>29</sup> Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. <sup>30</sup> For my yoke is easy, and my burden is light.”
- B. A yoke is a wooden bar or frame fitted over two working animals such as oxen so they can work together
- C. “The yoke of the law” was an expression used by rabbis referring to the law of Moses
- D. Jesus contrasts the yoke of the law with “my yoke”
  - 1. Jesus sacrifice fulfilled the law of Moses and now there is a new “yoke,” the perfect law, the Law of Liberty (James 1:25)
  - 2. Compared to the Law of Moses, Jesus' yoke is very easy and light
  - 3. Jesus' sacrifice took the place of all the sacrifices ever made — past, present, and future
  - 4. It is Jesus' teaching, His 'doctrine' that we must follow — no one else!
  - 5. Ephesians 2:19–20 (ESV); <sup>19</sup> So then you are no longer strangers and aliens, but you are fellow citizens with the saints and members of the household of God, <sup>20</sup> built on the foundation of the apostles and prophets, Christ Jesus himself being the cornerstone,
  - 6. 1 John 4:6 (ESV); We are from God. Whoever knows God listens to us; whoever is not from God does not listen to us. By this we know the Spirit of truth and the spirit of error.
  - 7. 2 Timothy 1:13 (ESV); Follow the pattern of the sound words that you have heard from me, in the faith and love that are in Christ Jesus.

E. There is no other teaching or teacher who can give us eternal life

### IV. Only Jesus

- A. Acts 4:11–12 (ESV); <sup>11</sup> This Jesus is the stone that was rejected by you, the builders, which has become the cornerstone. <sup>12</sup> And there is salvation in no one else, for there is no other name under heaven given among men by which we must be saved.”
- B. We are weary — we are heavy laden
- C. Only Jesus can give us rest
- D. Come to Him!