

### **3—You Will Find Rest**

9/18/22

#### **INTRO:**

I. **Matthew 25:34**

*“Come, you who are blessed by my Father; take your inheritance, the kingdom prepared for you since the creation of the world.”*

II. **→ Matthew 11:28-30**

*“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.”*

- III. An invitation preparing for the next two stories:  
*Condemning the disciples for picking grain*  
*Condemning Jesus for healing the disfigured man*

#### **BODY:**

**I. His Heart is Humble**

Grk (*praús*) meek, mild—uniquely Christian  
Grk (*tapeinós*) humble, lowly

A. We follow the example of Christ because His way works.

1) **Jeremiah 6:16**

*This is what the Lord says:  
“Stand at the crossroads and look;  
ask for the ancient paths,  
ask where the good way is, and walk in it,  
and you will find rest for your souls.”*

2) **NOT ONLY THE STORIES AND THE MIRACLES**

B. Meekness one of Christianity’s defining qualities.

1) **Ephesians 4:2-3**

*Be completely humble and gentle; be patient, bearing with one another in love. Make every effort to keep the unity of the Spirit through the bond of peace.*

2) **Its amazing how far a little humilty will take us:**

It will make your job seem like an honor

It will make your paycheck seem undeserved

It will make every friend seem like royalty

It will make every meal seem like a feast

It will make God's mercy drive you to Your knees

It will restore the joy of being called His Servant!

## II. His Yoke is Easy

Grk (*chrestós*) good, fitting, gracious

A. The ways of the Lord were not given to make life harder.

1) **Deuteronomy 5:15**

*Remember that you were slaves in Egypt and that the Lord your God brought you out of there with a mighty hand and an outstretched arm. Therefore the Lord your God has commanded you to observe the **Sabbath day**.*

2) **THE PRINCIPLE OF DAYS OFF AND VACATION**

B. We need to find a rhythm that keeps in pace with the Lord.

1) **Matthew 23:4**

*They tie up heavy, cumbersome loads and put them on other people's shoulders, but they themselves are not willing to lift a finger to move them.*

2) Burdened—passive participle, burden laid upon them

Weary—active participle, grown fatigued, exhausted

3) **EXHAUSTION GETTING THROUGH CAMPS**

## III. His Burden is Light

Grk (*phortíon*) little burden

A. We follow Jesus because He lifted our burden away.

1) **Psalms 38:3-4**

*Because of your wrath there is no health in my body;  
there is no soundness in my bones because of my sin.  
My guilt has overwhelmed me  
like a burden too heavy to bear.*

2) "YOU RUN"—ROBERT LEVON BEEN

B. It is only in Christ that we find our long term restoration.

1) **2 Corinthians 4:16-17**

*Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day. For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all.*