

“Rest for the Weary and Burdened”

Matthew 11:25-30

²⁵“At that time Jesus said, ‘I praise you, Father, Lord of heaven and earth, because you have hidden these things from the wise and learned, and revealed them to little children. ²⁶Yes, Father, for this was your good pleasure.

²⁷All things have been committed to me by my Father. No one knows the Son except the Father, and no one knows the Father except the Son and those to whom the Son chooses to reveal him.

²⁸Come to me, all you who are weary and burdened, and I will give you rest. ²⁹Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. ³⁰For my yoke is easy and my burden is light.”

Matthew 11:25-30

“He is the One – and He calls us to come!”

We Should Find Rest in Jesus Because:

I. He is UNIQUELY QUALIFIED TO BEAR OUR BURDENS (25-27)

a) Jesus has GONE THROUGH THE EXPERIENCES OF LIFE (25)

- John's questions (11:2-3)
- This generation's decisions (11:16)
- The cities' rejections (11:20-24)

*" . . . a man of sorrows, and familiar with suffering."
Isaiah 53:3*

"Therefore, since we have a great high priest who has gone through the heavens, Jesus the Son of God, let us hold firmly to the faith we profess. For we do not have a high priest who is unable to sympathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet was without sin. Let us then approach the throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need."

Hebrews 4:14-16

b) Jesus has BEEN GIVEN THE EMPOWERMENT OVER LIFE (27)

*"All authority in heaven and on earth has been given to me."
Matthew 28:18*

"For you granted him authority over all people that he might give eternal life to all those you have given him."

John 17:2

II. We are INDIVIDUALLY CALLED TO HAVE HIM BEAR OUR BURDENS (28-30)

a) We ARE TO GIVE OUR BURDENS TO HIM (28)

- The burden of legalism
- The burden of license
- The burdens of life

*"Cast all your anxiety on him because he cares for you."
1 Peter 5:7*

"Carry each other's burdens, and in this way you will fulfill the law of Christ."

Galatians 6:2

b) We ARE TO TAKE HIS YOKE UPON US (29-30)

"This is love for God: to obey his commands. And his commands are not burdensome. . ."

1 John 5:3

"He is the One – and He calls us to come!"

Response Questions

1. What burden in your life today, do you need to give to Jesus?
2. What burden has Jesus lifted in your life (in the past or recently), that you can thank Him for today?
3. What burden is a friend of yours carrying that you can help bear for them?

Blessing

He who dwells in the shelter of the Most High
will rest in the shadow of the Almighty.

Psalm 91:1