

REST FOR THE WEARY SOUL
Matthew 11:28-30

Where can we find spiritual rest?

The Pharisees had turned religion into a series of rules and regulations. Their religion consisted of 613 do's and don'ts! Talk about a heavy burden!

JESUS' TWO INVITATIONS FOR FINDING REST:

First, _____ **to me.**

- Verse 28, "Come to me, all you who are weary and burdened..."
- What burdens are you carrying today?
- Notice that Jesus didn't say, "Come to me, or Buddha, or Mohammad, or etc, it doesn't matter who you come to, all roads lead to rest."
- When you come to Jesus... who do you come to?
- Have you accepted His invitation to come?
- You may say, "But my life is really a mess, I don't think I'm ready to come." Reread what Jesus said, "Come to me, all who are..."

Second, _____ **Upon You and** _____

- Verses 29 – 30, "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."
- The word "yoke" symbolizes religion.
- Compare the laws of Christ to the laws of the Pharisees... which burden do you want? Jesus' yoke is a "perfect fit."
- Hebrews 4:10-11, "For anyone who enters God's rest also rests from his own work, just as God did from his. Let us, therefore, make every effort to enter that rest, so that no one will fall by following their own example of disobedience."
- In His finished work, Jesus has done it all.
- Ephesians 2:8-9, "For by grace you have been saved through faith, and that not by yourselves; it is the gift of God, not of works, lest anyone should boast."

HAVE YOU FOUND REST IN CHRIST
FOR YOUR WEARY SOUL?