

**Series:** Habits  
**Sermon:** “Hurry”  
**Scripture:** Matthew 11:28-30  
**Speaker:** Mike Barnhart  
**Date:** January 3, 2021



The environments in which we'll grow spiritually:  
The Row  
The Circle  
The Chair.

“What do I need to do to become the person God wants me to be?”

Relentlessly terminate hurry from your life.

What has the highest value in Christ's kingdom economy?  
Love.

Love, joy, & peace are the three centerpieces at the heart of Jesus' kingdom vision.

“To walk with Jesus is to walk with a slow, unhurried pace. Hurry is the death of prayer and only impedes and spoils our work. It never advances it.” – Walter Adams

“For many of us the great danger is not that we will renounce our faith. It is that we will become so distracted and rushed and preoccupied that we will settle for a mediocre version of it. We will just skim our lives instead of actually living them.” – John Ortberg

Contrary to popular opinion...the solution to our “hurry problem” isn't more time.  
It's Jesus.

Matthew 11:28-30 (ESV) - 28 *Come to me, all who labor and are heavy laden, and I will give you rest. 29 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. 30 For my yoke is easy, and my burden is light.*

“Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you’ll recover your life. I’ll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won’t lay anything heavy or ill-fitting on you. Keep company with me and you’ll learn to live freely and lightly.” – The Message

**Since Jesus’ yoke is easy, \_\_\_\_\_ .**

“In this truth lies the secret of the easy yoke: the secret involves living as Jesus lived in the entirety of his life—adopting his overall life-style...Our mistake is to think that following Jesus consists in loving our enemies, going the “second mile,” turning the other cheek, suffering patiently and hopefully—while living the rest of our lives just as everyone else around us does...It’s a strategy bound to fail.” – Dallas Willard

Matthew 11:28 (ESV) - 28 *Come to me, all who labor and are heavy laden, and I will give you rest.*

**1. Be \_\_\_\_\_ Jesus.**

Matthew 11:29 (ESV) - 29 *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.*

**2. Become \_\_\_\_\_ Jesus.**

Jesus realizes that the most restful gift He can give the tired is a new way to carry life...a fresh way to bear responsibilities.

Jeremiah 6:16 (ESV) - 16 *Thus says the Lord: "Stand by the roads, and look, and ask for the ancient paths, where the good way is; and walk in it, and find rest for your souls. But they said, 'We will not walk in it.'"*

Jeremiah 31:25 (ESV) - 25 *For I will satisfy the weary soul, and every languishing soul I will replenish.*

Romans 8:18 (ESV) - 18 *For I consider that the suffering of this present time are not worth comparing with the glory that is to be revealed to us.*

2 Corinthians 4:16-18 (ESV) - 16 *So we do not lose heart. Though our outer self is wasting away, our inner self is being renewed day by day. 17 For this light momentary affliction is preparing for us an eternal weight of glory beyond all comparison, 18 as we look not to the things that are seen but to the things that are unseen. For the things that are seen are transient, but the things that are unseen are eternal.*

**Since Jesus' yoke is easy, find rest.  
...true, refreshing rest.**