



Gentle & Lowly

EXPLORING THE
HEART OF CHRIST

WEEK ONE

THE HEART OF JESUS

Gentle & Lowly

“This book [series] is written for the discouraged, the frustrated, the weary, the disenchanted, the cynical, the empty. Those running on fumes. Those whose Christian lives feel like constantly running up a descending escalator. Those of us who find ourselves thinking: “how could I mess up that bad — again?” It is for that increasing suspicion that God’s patience with us is wearing thin. For those of us who know God loves us but suspect we have deeply disappointed him. Who have told others of the love of Christ yet wonder if — as for us — he harbours mild resentment. Who wonder if we have shipwrecked our lives beyond what can be repaired. Who are convinced we’ve permanently diminished our usefulness to the Lord. It is written, in other words, for normal Christians. In short, for sinners and sufferers. How does Jesus feel about them?”

DANE ORTLUND

The Heart of Jesus

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Matthew 11:25-30 ESV

²⁵ At that time Jesus declared, “I thank you, Father, Lord of heaven and earth, that you have hidden these things from the wise and understanding and revealed them to little children; ²⁶ yes, Father, for such was your gracious will. ²⁷ All things have been handed over to me by my Father, and no one knows the Son except the Father, and no one knows the Father except the Son and anyone to whom the Son chooses to reveal him. ²⁸ Come to me, all who labour 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.”



The Heart of Jesus

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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.



“One thing to get straight right from the start is what when the Bible speaks of the heart, whether Old Testament or new, it is not speaking of our emotional life only but of the central animating centre of all we do. It is what gets us out of bed in the morning and what we daydream about as we drift off to sleep. It is our motivation headquarters. The heart, in biblical terms, is not part of who we are but the centre of who we are.”

DANE ORTLUND

1. Invitation: Come to me

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Matthew 11:27-28 ESV

²⁷ All things have been handed over to me by my Father, and no one knows the Son except the Father, and no one knows the Father except the Son and anyone to whom the Son chooses to reveal him. ²⁸ Come to me, all who labour and are heavy laden, and I will give you rest.



“In one sense the whole object of being a Christian is that you may know the love of Jesus Christ, his personal love to you; that he may tell you in unmistakable language that he loves you, that he has given himself for you, that he has loved you with ‘an everlasting love.’”

MARTYN LLOYD-JONES

2. The Condition: Self-Exhaustion

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Matthew 11:28 ESV

²⁸ Come to me, all who labour and are heavy laden...



“The great weakness in the church at large, & certainly in my life, is our refusal to accept our brokenness.”

BRENNAN MANNING

2. The Condition: Self-Exhaustion

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Matthew 11:25 ESV

“I thank you, Father, Lord of heaven and earth, that you have hidden these things from the wise and understanding and revealed them to little children”



3. The Gift: Rest

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Matthew 11:28 ESV

²⁸ Come to me, all who labour and are heavy laden, and I will give you rest.



“Oh sweetest, most loving Jesus, grant that I may rest in you above anything created; above all health and beauty, all honour and glory; above all power and dignity, all knowledge and cleverness; above all riches and abilities; above all joy and gladness, above all fame and praise; above all sweetness and consolation; above all hope and promise, above all merit and desire; above all gifts and presents you can give us or pour out upon us; above all happiness and rejoicing that the mind can grasp and feel...above everything seen or unseen,
above everything that is not you, my God...

... My heart cannot find its true resting place, cannot be wholly content, until it soars above all your gifts, all that you have created, and rests in you.”

THOMAS A KEMPIS