



“The Way to Find Rest”

Matthew 11:25–30

The Commission of the King

Introduction:

Matthew 11:25 – “At that time Jesus said, ‘I praise You, Father, Lord of heaven and earth, that you have hidden these things from the wise and intelligent and have revealed them to infants.’”

1.) To find rest, we have to recognize we are dependent on Jesus, not ourselves.

Matthew 18:2–3 – “And calling to him a child, he put him in the midst of them and said, ‘Truly, I say to you, unless you turn and become like children, you will never enter the kingdom of heaven.’”

Matthew 11:26 – “Yes, Father, for this way was well-pleasing in Your sight.”

2.) To find rest, we have to believe that God does things the way He does for a reason.

Mark 4:24–25 – “And he said to them, ‘Pay attention to what you hear: with the measure you use it, it will be measured to you, and still more will be added to you. For to the one who has, more will be given, and from the one who has not, even what he has will be taken away.’”

Matthew 11:27 – “All things have been handed over to Me by My Father; and no one knows the Son except the Father; nor does anyone know the Father except the Son, and anyone to whom the Son wills to reveal Him.”

3.) To find rest, we have to recognize who is and is not God.

Matthew 11:28 – “Come to Me, all who are weary and heavy-laden, and I will give you rest.”

4.) To find rest, we have to humbly, and repeatedly come to Jesus.

Psalm 46:10 – “Be still and know that I am God...”

Jeremiah 31:25 – “For I will satisfy the weary soul, and every languishing soul I will replenish.”

John 7:37b – “If anyone thirsts, let him come to me and drink.”

Matthew 11:29 – “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.”

5.) To find rest, we have to take off our burdens and take up His yoke.

1 Peter 5:7 – “Give all your worries and cares to God, for he cares about you.”

Matthew 11:30 – “For My yoke is easy and My burden is light.”

1 John 5:3 – “For this is the love of God, that we keep His commandments. And His commandments are not burdensome.”

6.) To find rest, we have to understand that Jesus offers us a better way to live this life every day.

DISCUSSION QUESTIONS:

1. What did you find new, helpful, or confusing about today’s message?
2. What comes to mind when you hear the word “rest”? How would you define it?
3. Do you find it easy or difficult to truly rest?
4. When do you feel most at rest? When do you feel the least rested?
5. What are some burdens that are hard for you to not carry?
6. What does it practically look like for you to take the easy yoke and light burden offered by Jesus?