



WHEN YOU'RE TIRED OF BEING TIRED

He Promises

MATTHEW 11:28-30

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.”

MATTHEW 11:28

- ...all who labor and are heavy laden...
- ⁴ They tie up heavy, cumbersome loads and put them on other people's shoulders, but they themselves are not willing to lift a finger to move them (Mt. 23:4)

LEGALISM VS. JESUS

Legalism Says...

- Prove yourself.
- Work harder.
- Carry the burden.
- Earn acceptance.
- Your value comes from performance.

Jesus Says...

- Come to me.
- I will give you rest.
- My yoke is easy.
- Receive grace.
- Your value come from belonging to me.



JESUS' INVITATION

- Come to me.
- Take my yoke upon you.
- Learn from me.



JESUS' PROMISE

- I will give you rest.
- You will find rest for your souls.

WHAT IS REST?

- An inner peace while doing what needs to be done; peaceful productivity.
- Relationship, Lordship, Peace.
- Rest refocuses you on the grace, goodness and glory of God.



THE TRUTH

- For I am gentle and lowly in heart
- For my yoke is easy, and my burden is light.