



Silverdale Baptist

THE INVITATION • COME & REST • MATTHEW 11:28-30 • 8/8-9/2020

MAIN POINT

Jesus invites us to come and rest.

INTRODUCTION

Are you stressed out? What are the things that have you at the end of your emotional, spiritual rope?

How has the spiritual, emotional, or relational stress impacted you physically?

Are you ready for a change?

Dr. James Merritt once said, "Overwhelmed people live in deficit." Do you feel like you are in a deficit? Is your physical, emotional, and spiritual bank account overdrawn?

When you are overwhelmed, you have overdrawn from life's resources—you have nothing left. Yet Jesus says to people who are overwhelmed and overdrawn, "**Come to me.**"

UNDERSTANDING

| HAVE A VOLUNTEER READ MATTHEW 11:28-30

Who is Jesus talking to in these verses?

What does He promise in verse 28?

How are Jesus' burden and yoke described?

| HAVE A VOLUNTEER READ MATTHEW 23:2-4

How does Jesus describe the scribes and Pharisees?

What do they do?

The religious leaders, the scribes and Pharisees, used religion to oppress and control the people. The leaders were leading the people away from the freedom of grace and into the slavery of the law.

| HAVE A VOLUNTEER READ ACTS 15:10-11

How does Acts 15:10-11 relate to Matthew 23:2-4?

The burdens and the yoke in Matthew 23:2-4 and Acts 15:10-11 represent religious activity. Pastor Tony points out in his message the lie is, "Your activity determines your identity." But as you have seen, the religious legalistic activity only produces burdens.

| HAVE A VOLUNTEER RE-READ MATTHEW 11:28-30.

Again, what is Jesus promising?

Where does the search for rest often take us?

Pastor Tony quoted from Augustine's book Confessions, "Thou hast made us for thyself, O Lord, and our heart is restless until it finds its rest in thee." How have you found this to be true in your own experience?

Jesus is the only One who can give us the rest that our souls desire. When Jesus said, "Come to Me," He was saying that He is the only One who has access to the resources of the one true God. He has resources to help you far exceed every counselor or self-help program. In Jesus, your search is over.

The word for easy (v. 30) means "excellent or perfectly suited for its purpose." How does this change the way you think about what Jesus is asking you to do?

"Jesus is not a taskmaster. He is a tender master." Why do we tend to believe the opposite is true? Do you realize how much Jesus cares for you? What difference does this make in your life?

Pastor Tony said *Jesus is contrasting a difference between living under Him and living under the yoke of the Pharisees. You're not out there striving to do it on your own. No, you are walking side by side with Jesus. And He is giving you the life you need for every situation you're in. Jesus doesn't give you a bunch of rules to follow. He just simply says, walk beside Me.*

APPLICATION

Pastor Tony described our burdens as rocks we pick up during our life and carry with us. What rocks do you have that you have been unable or unwilling to lay down?

Where have you searched for relief from your sack of rocks?

What would it look like for you to release every detail of your life to Jesus and just walk alongside Him?

Read Galatians 6:2. How do we bear each other's burdens in the church?

Will you lay your burdens down today and surrender to Christ's yoke? His burden is light.

PRAYER

Jesus, we all load up our lives with heavy burdens, and we struggle under the weight of them. Please, give us the courage and faith to surrender our burdens to You. Let us walk with You and experience Your rest. Amen

COMMENTARY

| MATTHEW 11:28-30

The Jewish people struggled under an enormous load of religious expectations and legalities that were laid on them by their false religious leaders. Jesus was saying, "Come, take on yourself the light burden of obedience under the covenant I will seal with my own blood, and I will give you the covenant reward of deep-down, peaceful rest—freedom from guilt, the power of sin, and self-striving. If you continue carrying the heavy burden of works-oriented, self-serving Pharisaism, you will never find rest. You were designed by God to carry my load, not man's" (cf. 23:4).

Jesus' quote in 11:29 from Jeremiah 6:16 ("you will find rest for your souls") further connects this blessing to a right covenant relationship with God. In Jeremiah 6, Jerusalem was experiencing disaster as a result of its disobedience. History was about to repeat itself. Here is the immediate context of Jesus' quote: "This is what the Lord says: 'Stand at the crossroads and look; ask for the ancient paths, ask where the good way is, and walk in it [comparable to Jesus' 'light burden'], and you will find rest for your souls [Jesus' covenant promise]. But you said, 'We will not walk in it'... Hear, O earth: I am bringing disaster on this people" (Jer. 6:16-20).

Jesus is the source of covenant blessing. Notice he did not say, "Come to my teaching" or "Come to my miracles," but "Come to me." Jesus is the fulfillment of Jeremiah 31:25, where Yahweh announced the new covenant (Jer. 31:31; in contrast to the old Mosaic Law broken by the people) and its refreshing rest for the people. This new covenant will reconstitute faithful Israel, following its tribulation, in preparation for the king's millennial rule from the throne of David.

The tense in the first verb of the phrase, weary and burdened, conveys the idea of continual weariness and exhaustion, without a minute of relief. The perfect tense in the second verb implies that the people were completely loaded up at some time in the past, and the load remains perpetually on them. These people needed a break! Pharisaical legalism surrounding the Mosaic Law had ground them to spiritual powder. The Lord offered himself to them.

In that agrarian culture, everyone knew that a yoke (11:29,30) went across the necks of two beasts of burden, just in front of their shoulders, and connected them to the plow or wagon they were to pull. Under the covenant relationship, the believer is not relieved of all work or burden, but is given work that is appropriate to his abilities, within his limitations. In fact, the believer will find the work fulfilling and rewarding rather than toilsome and exhausting. Jesus' yoke is easy (suitable, good, reasonable), and his burden is light (easy to bear, insignificant).

Jesus instructed his followers to take my yoke at their own initiative. Jesus will not put it on us without our consent. But to refuse Jesus' yoke is not to be burden-free, but to retain a much heavier burden. Everyone in life must carry a burden; the question is whether we will carry one that is within our capacity, or one heavier than we were designed for.

To learn from me goes hand in hand with taking on Jesus' yoke. What Jesus will teach us is how to live under the light burden he offers and to enjoy his rest. As our teacher, he will deal with us with sensitivity and compassion.

The rest Jesus offered contrasts with the burden of the Pharisees' Sabbath rules in the following context (12:1-14).[1]

[1] Stuart K. Weber, Matthew, vol. 1, Holman New Testament Commentary (Nashville, TN: Broadman & Holman Publishers, 2000), 169.