



“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.”

Matthew 11:28-30 The Message

Rest = refreshment, relief, relaxation, calm, quietness

- Rest is more spiritual than physical.
- Rest is more relational than routine.
- Rest is more being than stopping.
- Rest is more eternal than temporal.
- Rest is more qualitative than quantitative.

1. THE INVITATION (Matthew 11:28)

Embrace the Call

THE BIG THREE INVITATIONS:

- Come Down (Zacchaeus) Luke 19
- Come Out (Lazarus) John 11
- Come Home (Prodigal Son) Luke 15

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

2. THE TRAINING (Matthew 11:29)

Exercise the Soul

THE TRAINING OF OXEN:

- A team of oxen increases power and efficiency.
- Oxen need to be well-trained to be effective.
- Oxen are trained to be useful all the time.
- The trainer needs to be kind-hearted, yet strong.
- The trainer/oxen relationship leads to devotion.
- Oxen need only one trainer and one voice.
- Oxen need to grow and develop before they are asked to carry a heavy load.

3. THE GIFT (Matthew 11:29-30)

Ease the Mind

THE GIFT OF REST:

- Rest from endless wants
- Rest from weariness
- Rest from worry
- Rest from guilt and shame
- Rest from fear

“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.” Jeremiah 6:16 ESV

NEXT STEP:

- Give up control, let God be in control.
- Give up comfort, let God be your comfort.
- Give up certainty, place your hope in God.