



Matthew 11:28 Come to me, all you who labor and are heavy laden, and I will give you rest.

Can it work? What is the assurance that this is true? Because He died for our sins **and** was raised from the dead.

1 Corinthians 15:3-4 says, "For I delivered to you as of first importance what I also received: that Christ died for our sins in accordance with the scriptures, that he was buried, that he was raised on the third day in accordance with the scriptures... [with witnesses as reported in the following verses that agree with the Gospels]"

**Christ's death and resurrection are inexorably linked for believers.
Those who receive and follow Christ have His rest.**

1. Jesus' Death and Resurrection were God's Plan.

The scenes described in Luke 24 were carefully researched and recorded to encourage Theophilus of the certainty of the things he had been taught (Luke 1:3-4). So it is with us, lest we be weary.

Written scenes invite readers to become part of or be immersed in the scene. That is exactly what is intended by scenes in the Word as we consider them. So, can you identify with the uncertainty and misunderstanding of the followers of Christ on the third day since His death?

V1-12 --- Note the ladies, in grief, at the tomb ---note the disciples' reactions

V13-35 ---There is a deliberate series of actions/words by the risen Christ for their (and our) benefit. See how their emotional and shocked state is carefully and deliberately encouraged to change. His departure is shocking. They return to the others in Jerusalem immediately.

V36-47 -The follow-on scene underlines what was already said, but with personal emphasis and proof by Jesus Christ. He, again, is clear and deliberate in making Himself known as alive..

2. The resurrected Christ links the Scriptures:

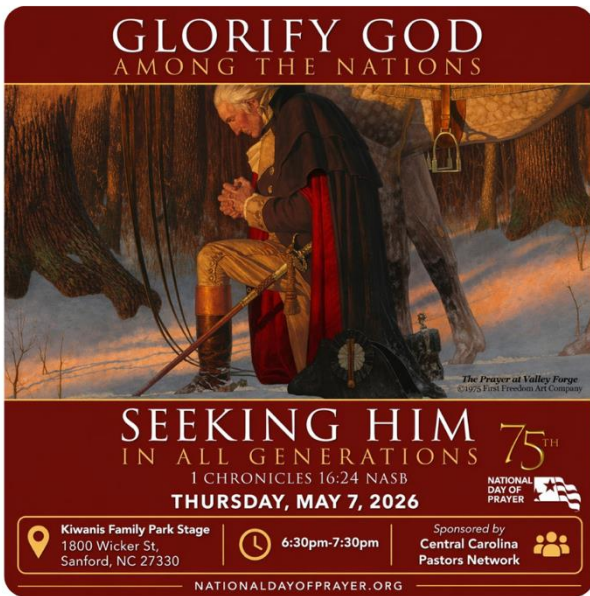
- His suffering, death, and resurrection
 - The complete fulfillment of the Law, the Prophets, and the Psalms
 - The coming and purpose of the Holy Spirit is to help us. (We are not left alone, as He promised.)
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Reflection and Discussion

Jesus says, “Come to me... and I will give you rest” (Matthew 11:28).

1. What does “being weary and heavy-laden” look like in your life right now?
2. What makes it difficult to come to Christ with those burdens fully?
3. Why is the resurrection essential to trusting Jesus’ promise of rest?
4. How does the reality of the resurrection strengthen your faith in difficult seasons?
5. How does seeing the “big picture” of Scripture build confidence in God’s plan?
6. In what ways can immersing yourself in Scripture help move you from weariness to renewed faith?
7. What practical step can you take this week to move forward in your response to Christ?

UPCOMING EVENTS



GLORIFY GOD
AMONG THE NATIONS

The Prayer at Valley Forge
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SEEKING HIM
IN ALL GENERATIONS **75TH**
1 CHRONICLES 16:24 NASB
THURSDAY, MAY 7, 2026

NATIONAL DAY OF PRAYER

Kiwanis Family Park Stage
1800 Wicker St,
Sanford, NC 27330

6:30pm-7:30pm

Sponsored by
Central Carolina
Pastors Network

NATIONALDAYOFPRAYER.ORG

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