



THE GOSPEL OF
MATTHEW



Come Find Rest

Matthew 11:28–30



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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.”



1. An open heart (11:28)

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1. An open heart (11:28)

²⁸ “Come to me, all who labor and are heavy laden, and I will give you rest.”



2. A compassionate heart (11:28)

²⁸ “Come to me, all who labor and are heavy laden, and I will give you rest.”



Luke 11:46

And he said, “Woe to you lawyers also! For you load people with burdens hard to bear, and you yourselves do not touch the burdens with one of your fingers.”



Jeremiah 31:25

“For I will satisfy the weary soul,
and every languishing soul I will replenish.”



3. A gracious heart (11:28)

²⁸ “Come to me, all who labor and are heavy laden, and I will give you rest.”



4. A training heart (11:29)

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.”



Matthew 16:24

“If anyone would come after me, let him deny himself and take up his cross and follow me.”



Galatians 5:1

For freedom Christ has set us free; stand firm therefore, and do not submit again to a yoke of slavery.



Acts 15:10–11

“Now, therefore, why are you putting God to the test by placing a yoke on the neck of the disciples that neither our fathers nor we have been able to bear? ¹¹ But we believe that we will be saved through the grace of the Lord Jesus, just as they will.”



5. A gentle heart (11:29)

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.”



Philippians 2:7–8

⁷ ...but emptied himself, by taking the form of a servant, being born in the likeness of men. ⁸ And being found in human form, he humbled himself by becoming obedient to the point of death, even death on a cross.



Zechariah 9:9

Rejoice greatly, O daughter of Zion!
Shout aloud, O daughter of Jerusalem!
Behold, your king is coming to you;
righteous and having salvation is he,
humble and mounted on a donkey...



Romans 12:16

Live in harmony with one another. Do not be haughty, but associate with the lowly.



Isaiah 42:2–3

- ² He will not cry aloud or lift up his voice,
or make it heard in the street;
- ³ a bruised reed he will not break,
and a faintly burning wick he will not quench...



Isaiah 53:2

...he had no form or majesty that we should look at him,
and no beauty that we should desire him.



Jeremiah 6:16

“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.**”



6. A kind heart (11:30)

³⁰ “For my yoke is easy, and my burden is light.”



“Easy” and “Light”



“Easy” and “Light”

- He provides his own righteous robe to cover our naked sinfulness.



“Easy” and “Light”

- He provides his own righteous robe to cover our naked sinfulness.
- He reveals his Father to us and brings us into their family.



“Easy” and “Light”

- He provides his own righteous robe to cover our naked sinfulness.
- He reveals his Father to us and brings us into their family.
- He builds a community of fellow believers who support each other.



“Easy” and “Light”

- He provides his own righteous robe to cover our naked sinfulness.
- He reveals his Father to us and brings us into their family.
- He builds a community of fellow believers who support each other.
- He trains us in the context of a loving relationship full of trust.



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- He teaches us the spirit and intent of God’s commands.



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- He doesn’t add burdensome restrictions and requirements.



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- He builds a community of fellow believers who support each other.
- He trains us in the context of a loving relationship full of trust.
- He teaches us the spirit and intent of God’s commands.
- He doesn’t add burdensome restrictions and requirements.
- He models what he teaches so we can see the good life in action.



“Easy” and “Light”

- He gives us the inner power and desire to walk in his new path.



“Easy” and “Light”

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- He trains us to love God and others in place of our slavery to self.



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- He trains us to love God and others in place of our slavery to self.
- He freely forgives and shows daily grace as we fail and confess.
- He’s gentle with our weaknesses and shares our burdens.



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- He prays for us constantly from his privileged place in heaven.



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- He’s gentle with our weaknesses and shares our burdens.
- He prays for us constantly from his privileged place in heaven.
- He will come again, make all things new, and bring us to the place he’s prepared.



1 John 5:3

For this is the love of God, that we keep his commandments.
And his commandments are not burdensome.



The paradox is to be resolved in the
experience of the Christian life.

— John Nolland



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