

“I’m Tired of Living Like This”
Matthew 11:28-30
A Message for Labor Day Weekend
Pastor Paul Bartelme
New Vintage Church, West Allis

I think all of us can _____ to these six words: “I’m tired of living like this.”

- Businessman, husband, that someone pouring another drink, 20-something, single mom, factory worker...

If you’re not sure whether you can relate or not... let’s explore some real-world _____.

- More month than money, an exhausting marriage, a concerning “habit,” the overtime hours, your adult child, donning the caregiver hat, a recent divorce, building a decent life, an empty nester, family drama...



You know that things need to change, and you tried but nothing seems to work.

It’s not because you haven’t tried hard enough. Maybe you’ve been trying to change your life without the One who can actually make you new.

Why do you know that things need to change? Because if they don’t, there will be a _____ to pay regarding your...

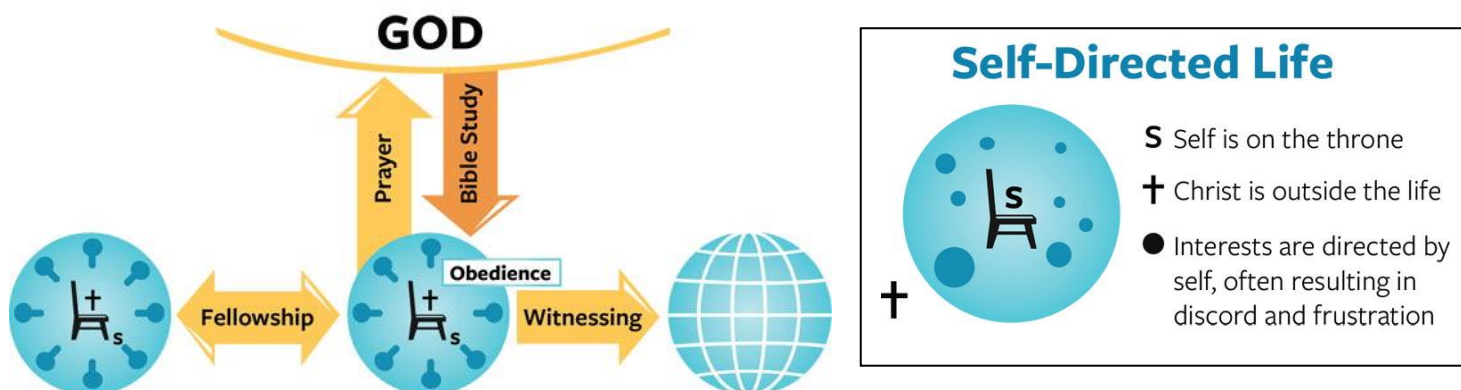
- Health, marriage, children, finances, community, existence, spirituality, life... (Prov 14:12)

So, what do you do when you realize, “I’m tired of living like this?” (Jer 6:16) Let’s find out from Jesus. Mt 11:28-30.

- 1. V 28...** If you’re tired of living like this, simply _____ to Jesus with what you’re carrying. (Psa 55:22; 1 Pet 5:7; Phil 4:6-7)
 - Notice that Jesus isn’t saying, “Try harder.” He’s also not saying that your circumstances will immediately change. (They may not. What He IS saying is that your burden will be easy and light.)
 - Stop pretending that you’re fine and bring the _____ to Him.
- 2. V 29...** To _____ Jesus’ yoke upon you means that you’ll learn a new way of life on His terms. (Prov 3:5-6)
 - A yoke speaks of submission, direction, and partnership. (Lk 9:23)
 - Can’t live life on your terms and expect your burden to be easy and light! And your life to be rested!

3. **VV 29-30...** _____ from Jesus. Let Him teach you how to live. (Jn 8:31-32; Rom 12:1-2)

- If you'd like to get tired of something, get tired of the ruinous mindset of working harder, worrying more, holding that grudge, and keeping it inside.
- How will you learn from Jesus? Simple. In four words: PRAYER, BIBLE, FELLOWSHIP, WITNESS



SUMMARY STATEMENT: *You don't have to keep living like this.* Jesus doesn't tell the weary to try harder—He invites us to **COME** to Him with what we're carrying, **TAKE** His yoke by surrendering to His way, and **LEARN** from Him a new way to live.

YOUR NEXT STEP: STOP LIVING LIKE THIS

1. **COME:** Tell Jesus specifically what you're tired of carrying. *Name it. Stop pretending you're fine. Bring the whole mess to Him.*
 - "Jesus, I'm coming to You with the following heavy burden: _____."
2. **TAKE:** In order to take Jesus' yoke, you need to lay down the existing heavy yoke that has been mastering and directing your life. *Describe it in the form of a prayer and then lay it down.*
 - "Jesus, I'm laying down this yoke, this lie which is _____ and leads to a hard and heavy life... and I'm taking Your yoke, which leads to joy, peace, and hope!"
3. **LEARN:** Choose one concrete way to learn from Jesus this week. *For example...*
 - Establish a time of prayer, start reading a book in the Bible, sign up for a growth group, invite that workmate or school mate or neighbor to church...
4. **DON'T CARRY IT ALONE:** Tell a trusted brother or sister in Christ what you're going through.
 - Ask them to walk with you and pray for you.
5. **START TODAY:** Don't wait for your circumstances to change before you change how you're living with Jesus.