

HIS REST

Matthew 11:28-29

Come to Me, all you who labor and are heavy laden, and I will give you rest. 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.

Good News!

- First, there is a cure for tiredness, and it is called "rest".
- Second, there is a source for rest, and His name is Jesus!



JESUS WANTS TO GIVE YOU REST!

The Invitation

Matthew 11:28-29 - Come to Me, all you who labor and are heavy laden, and I will give you rest. 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.

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The Invitation

Hebrews 3:19 - So we see that they could not enter (his rest) in because of unbelief.

Hebrews 4:11 - Let us therefore be diligent to enter that rest.

The Invitation

- Come to Jesus
- Take His Yoke
- Learn from Him
- Enter by Faith

1 Thessalonians 5:23

Now may the God of peace Himself sanctify you completely; and may your whole spirit, soul, and body be preserved blameless at the coming of our Lord Jesus Christ.

Rest For Our Spirit

If we want Spiritual rest we must "come to Jesus"
and "enter by faith"

Rest For Our Spirit

Acts 4:12 - Nor is there salvation in any other, for there is no other name under heaven given among men by which we must be saved.

Rest For Our Spirit

- Jesus is the only way!
- Jesus is completely the way!
- Faith in Him makes the way!

Romans 5:1

Therefore, having been justified by faith, we have peace with God through our Lord Jesus Christ

Revelation 14:13

Then I heard a voice from heaven saying to me, "Write: 'Blessed *are* the dead who die in the Lord from now on.' " "Yes," says the Spirit, "that they may rest from their labors, and their works follow them."

Rest for our Spirit

Need rest for your spirit? Come to Jesus by Faith!

His Rest

- Rest for our Spirit
- Rest for our Body

John 4:3-6

He left Judea and departed again to Galilee. ⁴ But He needed to go through Samaria. ⁵ So He came to a city of Samaria which is called Sychar, near the plot of ground that Jacob gave to his son Joseph. ⁶ Now Jacob's well was there. Jesus therefore, being wearied from His journey, sat thus by the well. It was about the sixth hour.

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Mark 6:31

And He said to them, "Come aside by yourselves to a deserted place and rest a while." For there were many coming and going, and they did not even have time to eat.

Rest For Our Body

If we are going to “Learn from Jesus” we see that when we work, we work hard but we also take times of rest.

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Saint Augustine

“You have made us for yourself, and our heart is restless until it rest in you.”

Dallas Willard

“Desire is infinite partly because we were made by God, made for God, made to need God, and made to run on God. We can be satisfied only by the one who is infinite, eternal, and able to supply all our needs; we are only at home in God. When we fall away from God the desire for the infinite remains, but it is displaced upon things that will certainly lead to destruction.”

His Rest

We find physical rest when we come to Jesus, learn from Him, and carry the right yoke.

His Rest

- Rest for our Spirit
- Rest for our Body
- Rest for our Souls

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Learning from Jesus

Luke 22:44 - And being in agony, He prayed more earnestly. Then His sweat became like great drops of blood falling down to the ground.

Learning from Jesus

Matthew 26:36-38 - Then Jesus came with them to a place called Gethsemane, and said to the disciples, "Sit here while I go and pray over there." ³⁷ And He took with Him Peter and the two sons of Zebedee, and He began to be sorrowful and deeply distressed. ³⁸ Then He said to them, "My soul is exceedingly sorrowful, even to death. Stay here and watch with Me."

Rest for Our Soul

Rest for our soul comes when we come to Jesus and wrestle it out in prayer with the help of some close friends.

His Rest

- Rest for our Spirit
- Rest for our Body
- Rest for our Souls

HIS REST