

COME TO ME

SOUL REST

•
IN CHRIST
ALONE



Matthew 11:28-30

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."

Reflection Questions

What might we be tempted to rely on outside of Christ for righteousness?

What extra burdens do we add to others and perhaps to ourselves: You need Jesus plus _____ to be acceptable to God.

How would you describe the soul rest that Jesus gives? From what is He giving you rest?

"Perhaps somebody says, "I do not find the yoke of life easy, or the burden of life light." Christ does not say that they are; what he does say is, "My yoke is easy, and my burden is light." What was Christ's light burden, and what was Christ's easy yoke? I believe that I might illustrate the text by saying that he thought thus of that yoke and that burden which he himself bore; — the yoke which rested upon the shoulders of "the Prince of the kings of the earth," — the burden which lay on that blessed back which once wore the robe of universal empire. Never before was there such a yoke, or such a burden; but, for love of us, and for delight in what he should accomplish thereby, his yoke to him was easy, and his burden was light. For the joy that was set before him, he endured the cross, despising the shame."
Charles Spurgeon, Christ's Yoke and Burden

Matthew 11:20-30

20 Then he began to denounce the cities where most of his mighty works had been done, because they did not repent. 21 "Woe to you, Chorazin! Woe to you, Bethsaida! For if the mighty works done in you had been done in Tyre and Sidon, they would have repented long ago in sackcloth and ashes. 22 But I tell you, it will be more bearable on the day of judgment for Tyre and Sidon than for you. 23 And you, Capernaum, will you be exalted to heaven? You will be brought down to Hades. For if the mighty works done in you had been done in Sodom, it would have remained until this day. 24 But I tell you that it will be more tolerable on the day of judgment for the land of Sodom than for you."

25 At that time Jesus declared, "I thank you, Father, Lord of heaven and earth, that you have hidden these things from the wise and understanding and revealed them to little children; 26 yes, Father, for such was your gracious will. 27 All things have been handed over to me by my Father, and no one knows the Son except the Father, and no one knows the Father except the Son and anyone to whom the Son chooses to reveal him. 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."