



Speaker: Pastor Nick Gough

Sermon #2

Bible Passage: Matt. 11:28-30

Today's Big Idea

There is a rest that is known only when we learn to come to Christ and to take up His yoke.

Main points:

- God is inviting us into His rest, and we can enter by faith.
- Jesus first invites those who are weary.
- Emotional weariness is evident by the lack of peace in our lives. It can manifest as worrying and fear.
- Physical exhaustion is evident by lack of sleep. It can manifest as a result of poor nutrition, too much distractions and too little exercise.

- Spiritual weariness is evident in the struggle to overcome. It can be the result of doing things in your own strength and energy.
- The burden of sin can also lead to weariness.
- We are commanded to come to Jesus and lay down our burdens.
- The second thing, we are commanded to do is to take up His yoke daily.
- Third thing, we are commanded to do is to lean on Him.
- Rest is not found in idleness, but under His yoke and following His footsteps.
- We must learn to be humble in heart and surrender to His leadership and Lordship.

Action Step:

As believers people should look at us and see that we are rested. God has not called us to a place of stress, but to a place of peace. It is a gift He gives us. Let's receive it.

Don't forget to join us for a community picnic on Sunday October 31st ,after church on the lawn. Bring a chair and food to share.