

REST FOR YOUR SOUL

February 10, 2019 Matthew 11:25-30 by Bob Branch
@REST: Rest and Peace in a Frenzied World, part 1

Q&A: How'd rest go for you last week?

BIG IDEA: Jesus invites you out of the heavy weight of rules, obligations, religion and legalism into a rest of soul that only he can give you—the easy rest of walking with him.

Church. Cause. Separate. Rule-keeping.

²⁵ At that time Jesus said, “I praise you, Father, Lord of heaven and earth, because you have hidden these things from the wise and learned, and revealed them to little children. ²⁶ Yes, Father, for this is what you were pleased to do.

Childlike simplicity, trust and humble dependency

“Truly I say to you, unless you turn around and become like young children, you will never enter into the kingdom of heaven!” **Matthew 18:3** LEB

It is not how much you know that allows you access Jesus' life, joy and rest—but, the way you receive him.

²⁷ “All things have been committed to me by my Father. No one knows the Son except the Father, and no one knows the Father except the Son and those to whom the Son chooses to reveal him.

Jesus enjoys this kind of childlike trust and dependency with his Father.

²⁸ “Come to me, all you who are weary and burdened, and I will give you rest. ²⁹ Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. ³⁰ For my yoke is easy and my burden is light.” **Matthew 11:25–30**

1. **BURDENED**—people are burdened!
2. **YOKE**—
“They tie up heavy, cumbersome loads and put them on other people’s shoulders...” **Matthew 23:4**
3. **EASY-GENTLE**—yoke is something you submit to.
“we are God’s handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.” **Ephesians 2:10**
4. **REST**—rest is the result of submitting to him and being a learner.

Psalm 23

What might it look like for your soul to be at rest?