

# Come and Rest

Matt 11:28-30

Mt 11:28 Come unto me, all ye that labour and are heavy laden, and I will give you rest. 29 Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls. 30 For my yoke is easy, and my burden is light.

## Introduction:

1. Here again, in God's Word, is a very special invitation
2. It is special because it speaks to everybody, it speaks to anyone who wants to hear
  - a. It speaks to people of any color – circumstance
  - b. It speaks to those addicted to drugs or alcohol or gambling
  - c. It speaks to people who go to church every Sunday
3. The Hindu religion is one of works, sacrifice and great self-discipline. One day a devout Hindu priest purchased some saffron powder to dye his robes for the coming days of festival. When he opened the package he found some words hand written on the wrapping paper. The words said, "Come unto me all ye that labor and are heavy laden, and I will give you rest!" Again and again those words rang through the priest's mind. Was that not what he was looking for all these years? He asked everywhere he went if anyone knew who had spoken those words, but no one seemed to know. He finally gave the wrapping paper to another man who was determined to find out who had spoken or written these words. This man came across a group of Christians holding an open air evangelistic service. In the course of this service the evangelist shared the words of Jesus, "Come unto me... and I will give you rest." The young man

investigated further and acknowledged Jesus as his Lord. He went away leaving his great search and burden behind. He went away with a new peace to tell others about the message he had learned. If you are searching for this rest you can have it today.

## I. TWO KINDS OF PEOPLE INVITED

28 Come unto me, all ye that labour and are heavy laden...

### A. Labor

1. This is wearisome toil
  - a) *It may be wearisome by reason of excess of amount*
  - b) *It may be wearisome because of distastefulness in kind*
2. In Jesus' day, rabbinical teachings had become so massive, demanding and all-encompassing that they prescribed standards and formulas for virtually every human activity
3. It was impossible to learn all the traditions, let alone keep them
4. Here is a person who has been trying his best to please God but couldn't

### B. Heavy laden

1. The burden of sin weighs heavily on people
2. They are burdened with a sense of guilt, with distressing cares, with grievous disappointments
3. This brings about a sense of fear, anxiety, doubts and hopelessness
4. Here is one loaded down with heavy and painful experiences which we all, sooner or later, have to carry
5. He is unhappy, dissatisfied and hardened

Two Kinds of People Invited....

## II. TWO INVITATIONS

28 Come unto me, all ye that labour and are heavy laden, and I will give you rest. 29 Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls. 30 For my yoke is easy, and my burden is light.

### **A. Invitation to Salvation - "Come unto me"**

1. Some of the first words that we heard were...
  - a) *"Come here!"*
  - b) *"Come to daddy or mommy!"*
  - c) *I see a parent dangling a shiny baby toy and saying to that toddler, "Come on, come to mommy!"*
2. Are you trusting in something other than Christ to get you to heaven?
  - a) *Trusting in your works and deeds*
  - b) *Trusting in your church membership*
  - c) *Trusting in your baptism*
  - d) *Trusting in keeping the ten commandments*
3. Jesus' call to come to Him implies that He is accessible
  - a) *He would not invite you if He was not accessible*
  - b) *It is your responsibility to call upon the Lord, to ask His forgiveness, to repent of sins, to come to Him*
4. Jesus' words here are different from the words of religion.
  - a) *Religion says do, try, hope, work*
  - b) *But Jesus says come.*
5. Jesus calls to Himself all those who are weary from trying to find God and please God in their own resources
6. Jesus calls those who are exhausted from trying to save themselves
7. Jesus' call to come to Him implies that people are away from Him
8. If you are saved today, then there was once a time when you had not come

### **B. Invitation to Service - "Take my yoke upon you"**

1. This is a result of practical faith
2. This is the call given only to those who have obeyed the first invitation
3. The yoke is a symbol of submission and service.
  - a) *When we take Christ's yoke, we submit our will to His will*
  - b) *Here is one of the paradoxes of the Bible. Find rest by putting on Christ's yoke.*
  - c) *In salvation Jesus removes your yoke of sin and you replace it with His yoke of service.*
4. His yoke involves...
  - a) *His will*
  - b) *His rule*
  - c) *His discipline*

Two Invitations....

### **III. TWO RESTS**

28 Come unto me, all ye that labour and are heavy laden, and I will give you rest. 29 Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls. 30 For my yoke is easy, and my burden is light.

#### **A. A Given Rest - "I will give you rest"**

1. This is the rest we find after trusting Christ
  - a) *This is the rest of faith and pardon*
  - b) *This is the rest of a quieted conscience*
  - c) *This is rest from the burden of guilt which weighs so heavily on your conscience*
  - d) *Rest from that load of cares which distresses your soul*
2. Spiritually man is always in a state of unrest until he comes to rest in Jesus
  - a) *He might be trying to work his way to heaven*

- b) *He is burdened by continual works*
3. Jesus offers us rest in salvation
- a) *Rest is cessation from action, motion, labor or exertion - we stop trying to earn our salvation*
- b) *Rest is freedom from that which worries or disturbs - as God gives us freedom from cares and burdens that rob us of peace and joy*
- c) *Rest is fixed and settled and to be in Christ is to rest, secure in our eternal destiny in Christ . We rest from the uncertainty of running from philosophy to philosophy, from religion to religion, from guru to guru hoping to discover truth, peace, happiness and eternal life*
4. This rest is a resting up
- a) *This rest is not a sit back and take it easy kind of rest*
- b) *It is resting for renewed service, it is rejuvenation*
5. This rest is a promised rest
- a) *No king or president can offer it*
- b) *No engineer can manufacture it*
- c) *No billionaire can purchase it*
6. Jesus, who cannot lie, says, "I'll give it to you."
- a) *Not, "I'll show you rest."*
- b) *Not, "I'll tell you about this rest."*
- c) *Not, "Rest that you can earn if you work hard enough"*
7. John and Charles Wesley were very religious young men. They attended every worship service, fasted Wednesdays and Fridays, had morning and evening devotions and prayer times. During one period of time John even sold his shoes and went barefoot so he could give the money to the poor. John Wesley was a missionary to the colonies and worked for a year or so in Savannah, Georgia. However, John was not at rest with God. It was several months after returning from the colonies that he was saved while reading a commentary by Martin

Luther on the book of Romans. John Wesley had to lay down his labors and the burden of self-righteousness to come to Jesus to obtain this given rest.

## **B. A Found Rest - "Ye shall Find rest for your soul"**

1. This is more the result of practical obedience
2. Given vs Found
  - a) *Given rest is given in pardon - found rest is found in the new yoke / burden*
  - b) *Given rest is given through the work of Christ; found rest is copying His life*
  - c) *Given rest is from Christ coming to us; found rest is from Christ going out of us*
  - d) *Given rest is from our coming to Him; found rest is our going with Him*
  - e) *Given rest is immediate and eternal; found rest is progressive and temporary*
3. Load of service - "Take my yoke upon you"
  - a) *The yoke is a harness put on oxen or other farm animals to enable them to pull some farm implement*
  - b) *As a worker in the carpenter shop, Jesus probably fashioned yokes for use by farmers*
  - c) *The yoke is a load, and it also attaches the laborer to the load*
  - d) *Taking the yoke not only involves a load, but it also involves commitment*
  - e) *In NT times, a pupil who submitted himself to the guidance of a teacher was described as taking on the yoke of that teacher. Jesus said, "Take my yoke upon you"*
  - f) *This yoke is the yoke of service for Christ - every Christian is given a yoke of service*

- g) What a privilege to serve with Christ and to serve Christ*
  - h) Getting under the yoke involves submission*
  - i) Once the yoke is upon you then the commitment begins*
  - j) You will not serve Christ very well if you are not willing to carry a load and if you are not willing to be tied down to a task*
  - k) Satan says that this yoke is too heavy and burdensome*
  - l) The yoke of sin is the most burdensome yoke of all*
4. Learning in service - "and learn of me"
- a) One of the compensations of serving Christ is to learn spiritually*
  - b) We learn of Jesus by walking with Him day by day*
  - c) We learn of Jesus by hungering for His Word*
  - d) "Learn" here is very close to the word for disciple - a disciple is a learner*
  - e) We must learn Christ before we can share Him with a lost and dying world*
  - f) A new Sunday School teacher commented to her pastor, that since she had been teaching, she had learned so much more about her Bible*
  - g) Spiritual ignorance is the lot of those who refuse to serve*
5. Lowliness in service - "I am meek and lowly in heart"
- a) In our rough and tough world, following someone who is meek and lowly is not very desirable*
  - b) Jesus was not harsh or overbearing like the Pharisees*
  - c) Jesus was not oppressive like the Pharisees*
  - d) A gentle horse does not imply weakness or the absence of power or lack of ability. A gentle horse is still very powerful, it is just under control. Just because Jesus is meek and lowly does not mean that He is weak but that His power is under control .*
  - e) If we would serve Christ then we must be like Him, meek and lowly*

- f) *This means humility and submission to God*
- g) *Many do not serve because they cannot humbly take orders*
- h) *They are too proud to take orders*
- i) *Others will not serve unless the service is prestigious or in the spotlight*

## Conclusion:

1. He had recently retired. He had retired fairly early. His home was paid for. His car was paid for. He seemed to have it all, and he was a self-confident man. He was well educated. I liked him and he liked me but he was one of those guys who always had an answer. One day the preacher went to see him and the preacher tried to steer the conversation to spiritual matters. His last name was MacDonald and the preacher said, “Mac, I want to talk to you about the Lord. You need the Lord.” He replied, “I don’t need the Lord. I’ve got everything that I need. I’m healthy. I’ve got a lovely wife. This house is paid for. See that car out there in the driveway? Its paid for and I’ve got money in the bank. I’m doing fine, I don’t need the Lord.”

The preacher looked at him and said, “Mac, I want to ask you a question and I want you to look me in the eye and give me a straight answer. Do you have peace in your heart?”

For the first time in his life the preacher saw the man break. His chin started to quiver and his eyes became moist. Mac answered, “No, I don’t have peace. How did you know?”

The preacher said, “Mac, there is no peace to the wicked saith the Lord. You cannot find peace in possessions. Money can buy almost anything but happiness and money can take you almost anywhere but to heaven. Mac trusted the Lord that day because he needed a peace that the world cannot give. A peace that the world cannot take away.

2. As Jesus invited people to come to him 2000 yrs ago, I invite you to come to Him today
3. If you are weary trying to get to heaven and burdened with the load of sin and guilt, then come to Him today
4. He can give you rest
5. You are saved – have you taken up the yoke of service?