

Rest for Work

Read: Matthew 11:25-30

Main idea: It is impossible to serve God without becoming tired, overwhelmed and stressed if you do it on your own, but Christ calls us to come to Him for rest, direction and strength.

Key Verses: “Come to me, all 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.” (11:28-29 ESV)

Key Principles:

- In order to understand the promises of this passage, you must first see the prayer of Jesus as the sovereign Son of God.
- Not only does Jesus perfectly know the Father, but He alone reveals the Father to His followers.
- The only way to know the Father is through the Son, which means that knowing God comes only by divine grace.
- The Son of God, the revelation of the Father, the One who represents the Trinity before humanity says to His followers, “Come to Me.”
- The only appropriate response to this invitation is for us to give our all in total surrender to Him as a gracious Master.
- When we give Jesus our total inability to obey God, He connects us to Himself and gives us rest, direction and strength for the life He created us to live.

Discussion:

1. In what ways do we neglect this text when it comes to the Christian life and work? How have you tried to live the Christian life in your own strength?
2. Why do we need Christ’s work in order for us to be obedient to God? How does the finished work of Christ free us from self-effort?
3. What is the difference between peace with God and the peace of God? How does Jesus provide both for us?
4. What does it mean to take the yoke of Christ upon you?
5. When faith is hard and the burden of life is heavy, what is the appropriate response for the believer? What practical steps should you take when you are weary?
6. How would you use this passage to counsel a believer that is burned out in their service? How could you use this passage to share the gospel with an unbeliever?

Prayer:

- Pray that we would never try to serve God with our own power and understanding.
- Pray:
 - That we would be humble enough to admit that we are tired.
 - That we would recognize the need to come to Jesus for everything.
 - That we would take His yoke upon us and find rest and strength.

Rest for Work
Matthew 11:25-30

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| I. | Experience true <u>humility</u> from Jesus. | 11:25-27 |
| 1. | <u>Exemplify</u> a childlike <u>faith</u> . | 11:25 |
| 2. | <u>Seek</u> God's <u>perspective</u> . | 11:26-27 |
| II. | Experience true <u>rest</u> in Jesus. | 11:28-29 |
| 1. | Find your <u>refuge</u> in <u>Christ</u> . | 11:28 |
| 2. | Exchange your <u>burdens</u> for <u>grace</u> . | 11:29 |
| III. | Experience true <u>freedom</u> in Jesus. | 11:29-30 |
| 1. | <u>Imitate</u> Christ's <u>character</u> . | 11:29 |
| 2. | <u>Seek</u> spiritual <u>refreshment</u> . | 11:30 |

NEXT WEEK:
Three Crosses
Luke 23:32-43