

## Where Do You Find True Rest?

Matthew 11:25-30

### Introduction:

- Matthew's gospel is arranged by topic and he now deals with the topic of r\_\_\_\_\_ (Matt 11:25ff).
  1. The events relating to the Sabbath are placed here because the word Sabbath means *to c*\_\_\_\_\_ from some activity so as to rest.
  2. The d\_\_\_\_\_ of rest by Jesus differed from traditional Judaism.
- We live in a fast-paced society. Where do you find true rest?

### True rest begins with a personal relationship with Jesus (25-28)

- What Jesus said about starting a personal relationship with God
  1. It is h\_\_\_\_\_ from the wise and intelligent but r\_\_\_\_\_ to little ones (v. 25)
    - a. The wise and intelligent – those who have life all f\_\_\_\_\_ out and are self-reliant (don't need Jesus).
    - b. The little ones – those who don't have life all figured out and realize they n\_\_\_\_\_ Jesus.
  2. Knowing the Father (v. 27)
    - a. The Greek word translated *know* refers to a p\_\_\_\_\_ relationship (e.g. Matt 7:22,23)
    - b. Who are the **only** ones that can have a personal relationship with the Father?
      - 1) The S\_\_\_\_\_
      - 2) Those to whom the Son d\_\_\_\_\_ to reveal the Father.
  3. Jesus gives a personal invitation to come into a relationship with Him (v. 28)
    - a. Whom does He invite?
      - 1) The weary (spiritually speaking) – those worn out by striving to w\_\_\_\_\_ their way to God (e.g. Pharisees – Phil 3:5; Rom 3:20).
      - 2) The heavy-laden (spiritually speaking) – those weighed down by personal s\_\_\_\_\_.
    - b. What does He promise? R\_\_\_\_\_

● Many practice their Christianity in a way that contradicts the teachings of Christianity. How might they answer this question: “If you were to die right now and stand before God and He were to ask, *Why should I let you into heaven?*”

1. Some might point out their r\_\_\_\_\_ activities (e.g. attend church, read Bible, pray, give - but see Eph 2:8)
2. Some might point out their g\_\_\_\_\_ (e.g. *I’m nice; I’m moral* – but see Matt 19:17)
3. Some might point out their doctrinal b\_\_\_\_\_ (e.g. Jesus is God in the flesh; He is the Savior; He rose from the dead – but see Jms 2:19)
4. Some will point to a specific point in time (e.g. baptism, praying a prayer, going forward in a church service) – but the issue is do you personally know God through a t\_\_\_\_\_ relationship with Jesus?

### True rest continues with learning from Jesus (29,30)

● Jesus commands those who come to Him in faith to:

1. Put on His y\_\_\_\_\_. Why this metaphor?
  - a. The Greek word translated yoke **always** referred to a heavy wooden curved frame used to t\_\_\_\_\_ a pair of work animals together in order to pull a load.
  - b. Jesus is calling us to tie ourselves to Him in order to w\_\_\_\_\_ with Him.
    - 1) His yoke is e\_\_\_\_\_ (v. 30 - this is better translated as k\_\_\_\_\_. See this word translated as *good* in Lk 5:39; 1Cor 15:33; translated as *kind* in Lk 6:35; Rom 2:4; Eph 4:32; and translated either way in 1Pet 2:3).
    - 2) Jesus is not going to j\_\_\_\_\_ us around. This personal relationship is one of kindness.
2. L\_\_\_\_\_ from Him as we work with Him.
  - a. Why should we learn from Him? – Because He is *gentle and h\_\_\_\_\_ in heart*.
  - b. Unlike traditional Judaism, Jesus’s commands are not b\_\_\_\_\_ (1Jn 5:3) – His burden is l\_\_\_\_\_ (see Matt 11:30)

- What is the result of learning from Him? – we will find rest for our s\_\_\_\_\_.
- 1. The soul refers to the m\_\_\_\_\_, will, and emotions (see Matt 26:38,39 where Jesus connects the soul with His emotions and will).
- 2. Practical examples of how this rest works.
  - a. Worry
    - 1) When we worry, we lose s\_\_\_\_\_; we lose focus; we add unnecessary stress that opens us up to all kind of physical problems.
    - 2) When we learn to g\_\_\_\_\_ it all to God as Phil 4:6 instructs, we will find rest for our minds (soul).
  - b. Friction between you and another person
    - 1) You might get mad then bitter as you stew over it; you might avoid communicating.
    - 2) When we learn to deal with the friction by working toward making things right as Matt 5:23,24 and Rom 12:18 instructs, then we are f\_\_\_\_\_ from anger, bitterness, unforgiveness, etc, and we will find rest for our minds (souls).
  - c. Commandments that set boundaries (e.g. sexual standards, drunkenness, coveting).
    - 1) Violating the boundaries causes all kinds of problems and takes us out from under God's p\_\_\_\_\_
    - 2) Living within the boundaries puts us under God's protection and f\_\_\_\_\_ us to live life to the fullest – we find rest for our minds (souls).
  - d. Positive commandments that call for positive action like love, encouragement, serving one another –
    - 1) When we negatively affect people around us, p\_\_\_\_\_ occur and negatively affect us.
    - 2) When we positively affect people around us, we are satisfied and have r\_\_\_\_\_ for our minds (souls).
  - e. So l\_\_\_\_\_ from Jesus and you will find rest for your souls!