



***Come And
Find Rest***

Matthew 11:25-30

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25 At that time Jesus answered and said, I thank thee, O Father, Lord of heaven and earth, because thou hast hid these things from the wise and prudent, and hast revealed them unto babes.

26 Even so, Father: for so it seemed good in thy sight.

27 All things are delivered unto me of my Father: and no man knoweth the Son, but the Father; neither knoweth any man the Father, save the Son, and he to whomsoever the Son will reveal him.

Matthew 11:25-30 - continued

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

A. God's invitations are expressions of His Love

B. The first invitation in the New Testament

Psalm 69:3

I am weary of my crying: my throat is dried: mine eyes fail while I wait for my God.

C. An invitation to find rest

Hebrews 4:1

Let us therefore fear, lest, a promise being left us of entering into his rest, any of you should seem to come short of it.

I. An Invitation To Physical Rest (v 28)

A. The invitation to “all ye that labor”

B. Jesus identifies with working people

Matthew 13:55

Is not this the carpenter's son? is not his mother called Mary? and his brethren, James, and Joses, and Simon, and Judas?

I. An Invitation To Physical Rest (v 28)

C. Do you need to find strength to go on?

Isaiah 40:31

But they that wait upon the LORD shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint.

Philippians 4:13

I can do all things through Christ which strengtheneth me.

I. An Invitation To Physical Rest (v 28)

Those who come to Jesus find rest

II. An Invitation To Emotional Rest (v 28)

A. The invitation is to all who “are heavy laden”

B. Emotional burdens drain our strength

Psalm 127:2

It is vain for you to rise up early, to sit up late, to eat the bread of sorrows: for so he giveth his beloved sleep.

II. An Invitation To Emotional Rest (v 28)

C. The heavy laden with cares can find rest in Christ

1. We cast our cares on Him

1 Peter 5:7

Casting all your care upon him; for he careth for you.

2. He gives peace when we are troubled

John 14:27

Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid.

II. An Invitation To Emotional Rest (v 28)

**C. The heavy laden with cares can find rest in Christ –
cont'd**

3. His peace guards our hearts

Philippians 4:7

**And the peace of God, which passeth all understanding,
shall keep your hearts and minds through Christ Jesus.**

II. An Invitation To Emotional Rest (v 28)

**C. The heavy laden with cares can find rest in Christ –
cont'd**

4. His grace is sufficient for all our needs

2 Corinthians 12:9

And he said unto me, My grace is sufficient for thee: for my strength is made perfect in weakness. Most gladly therefore will I rather glory in my infirmities, that the power of Christ may rest upon me.

III. An Invitation To Spiritual Rest (v 29)

A. The promise is “ye shall find rest to your souls”

B. Our souls never rest until they rest in Him

Isaiah 14:3

**And it shall come to pass in the day that
the LORD shall give thee rest from thy sorrow, and from
thy fear, and from the hard bondage wherein thou wast
made to serve,**

III. An Invitation To Spiritual Rest (v 29)

C. Mankind struggles for rest of soul

Ecclesiastes 6:10-11

10 That which hath been is named already, and it is known that it is man: neither may he contend with him that is mightier than he.

11 Seeing there be many things that increase vanity, what is man the better?

III. An Invitation To Spiritual Rest (v 29)

D. Only Christ brings rest of soul

Titus 3:5

Not by works of righteousness which we have done, but according to his mercy he saved us, by the washing of regeneration, and renewing of the Holy Ghost;

**Come to Jesus and Find Complete
Rest In Him**