

# Matthew 11:28-30

## *Rest Stop*

May 19, 2019 – Rev. Rick Lyon

### Intro - According to a recent study:

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Matthew 19:16 - A man came up to Jesus and asked, "Teacher, *what good thing must I do* to get eternal life?"

Here's how most people approach the sin problem:

- **I'm carrying around this heavy burden of sin**
- **And in order to get rid of it I'm going to start doing good things**
- **I'm going to go to church**
- **I'm going to give money to the church**
- **I'm going to start doing all these good things in the community**

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### **1. Come to Jesus.**

Jesus: "Come to Me, all you who labor and are heavy laden, and *I will give you rest.*"

Isaiah 55:1, 3 - "Whoever is thirsty, come to the water! Whoever has no money can come, buy, and eat! Come, buy wine and milk. *You don't have to pay; its free!*... Listen and *come to Me*, so that your soul may live."

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## ***Rest Stop***

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**Forgiveness of sins is a free gift...**

**Isaiah 53:6** - All we like sheep have gone astray; we have turned, every one, to his own way; and the Lord has *laid on Him* the iniquity of us all.

**John 6:35** - Jesus declared, "I am the bread of life. Whoever *comes to Me* will never go hungry, and whoever *believes in Me* will never be thirsty."

**Coming to Jesus and believing in Jesus are the same thing.**

**Revelation 22:17** - The Spirit and the bride say, "Come!" And let the one who hears say, "Come!" Let the one who is thirsty come; and let the one who wishes *take the free gift* of the water of life.

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**Jesus:** Come to Me, *all you who labor and are heavy laden.*

**Paul:** We who are in this tent (this physical body) groan, being *burdened.*

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**Hebrews 4:16** - Let us *come* boldly to God's throne of grace, so that we may receive mercy and find grace to help us in our time of need.

**When you're feeling burdened--*what should you do?***

Page 2 of 7

# **Matthew 11:28-30**

## ***Rest Stop***

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**David**: Cast your burden on the Lord and He will sustain you. (Ps.55:22)

*If you want God to take your burden--what do you have to do?*

**Whatever you're carrying around--God can carry--but you have to give it to Him.**

## **2. Take His yoke.**

**Jesus**: "Take My yoke upon you and learn from Me... and you'll find rest for your souls."

A yoke is a wooden frame placed on the shoulders of two animals in order to make a load easier to carry.

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**Taking Jesus' yoke on you involves three things.**

**#1 - Taking Jesus' yoke on you involves a decision.**

Jesus doesn't place His yoke on you--you have to take it.

**#2 - Taking Jesus' yoke on you involves cooperation.**

You need to cooperate with Jesus to go anywhere...

**#3 - Taking Jesus' yoke on you involves work.**

## **Matthew 11:28-30**

### ***Rest Stop***

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He said, "Take my yoke upon you and you'll find rest for your soul."

*How can work produce rest?*

**Jesus:** *"My yoke is easy and My burden is light."*

**Years ago, the way they would train oxen is they'd put a young, inexperienced ox with an older more powerful.**

That's why Jesus says His burden is light.

When Jesus and His disciples fed 5,000 people with 5 loaves and two fish:

- ***What did the disciples do?***
- ***What did Jesus do?***

When Jesus turned water into wine:

- ***What did the servants do? (Filled 6 water pots with 20-30 gallons of water)***
- ***What did Jesus do?***

When Jesus raised Lazarus from the dead:

- ***What did the disciples do?***
- ***What did Jesus do?***

When you walk with Jesus; when you partner with Jesus:

- **Jesus will have you do what you can do.**
- **And He'll do what you can't do**

*Why does Jesus have us do anything at all?*

*Why does He lay any burden on us?*

**Dr. Thomas Lambie** was an American missionary to Ethiopia. He said the Ethiopians taught him a very important spiritual lesson. Lacking bridges, they often waded across swollen streams to reach their destination. The current was swift and there was constant danger of being swept off their feet into deeper water or among treacherous rocks. The natives solved this problem by slinging a sack of stones over their shoulder for extra weight to weigh them

## Matthew 11:28-30

### *Rest Stop*

May 19, 2019 – Rev. Rick Lyon

down so their feet wouldn't slip. When they reached the other side, they emptied their sack.

*"So, too, the Lord places upon us burdens which seem to weigh us down, but in reality they keep us from slipping and falling. So trust Him and believe that He lays no burden on you heavier than is necessary to keep you safe. To give us spiritual traction, God often keeps us down, so that He might keep us up."*

**v.28** - Come to Me, all you who labor and are heavy laden, and *I will give you rest.*

**v.29** - Take My yoke upon you and learn from Me, for I'm gentle and lowly in heart, and *you'll find rest* for your souls."

When you come to Christ--He'll give you rest.

When you follow Christ--you'll find rest.

- **Eternal life is a gift**
- **A worthwhile life is what you'll find when you follow Christ**

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**#1 - Obedience to Christ is less of a burden than disobedience.**

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## Matthew 11:28-30

### *Rest Stop*

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**#2 - Christ gives us the power to obey His commands.**

**Philippians 4:13** - I can do all things through *Christ who strengthens me.*

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**#3 - Love makes every burden light.**

**1 John 5:2-3** - By this we know that we love the children of God: when we love God and keep His commandments... And His commandments aren't burdensome.

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### **3. Learn from Him**

v.29

When you walk with Jesus--you learn *from* Him and *about* Him.

When you walk with Jesus you'll learn that He's gentle.

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### ***Rest Stop***

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**Jesus:** *"Where are your accusers? Is there no one left to condemn you?" She said: "No one Lord." Jesus said: "Neither do I condemn you; go and sin no more." (John 8)*

**C. S. Lewis:** *"Humility isn't thinking less of yourself, but thinking of yourself less."*

**Ps. 139:17-18** - How precious are your thoughts about me, O God. They can't be numbered! I can't even count them; they outnumber the grains of sand!

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I want to encourage you this week to take advantage of the rest stops God offers to you:

- **Come to Jesus**
- **Take His yoke**
- **Learn from Him**
- **And you'll find rest for your soul**

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