The Way of Rest

Brent Moody · Matthew 11:28–30 · Series: **The Way of Jesus**

INTRODUCTION

- Now we're seeing how these people, these thousands of people from different towns and villages are beginning to respond to the reality of the coming of Jesus.
- Now, how are people hearing this message of Jesus and what are they going to do with that?

1 Come to Me and I Will Give You Rest

Matthew 11:25–30

- I want us to be thinking all through this, how would I respond to Jesus?
- 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.
- If we will listen to his invitation, if we will come to him, that is the easy yoke. That is where we find rest. That's where we find peace.
- The place to find peace for our souls, for our psyche, for our mind, all of that is going to come from Jesus.

2 Uncertainty and Doubt: Jesus Is the Answer

Matthew 11:2–6; Isaiah 35:5–6

- These are hindrances to the rest that Jesus offers.
- It may be that you're like John. You have belief. You know this is the Messiah, at least you thought you did, and you're wondering is this really who this is?
- Isaiah tells us in Isaiah 35 that this is a sign of God's coming. This is the sign of God bringing rest to his people.
- I want us to understand that Jesus is the answer for rest and peace in our life. There is no other answer. Nothing else will fulfill us.

3 Cynicism and Apathy

Matthew 11:16–19; Matthew 11:20–24

- One of the problems that we find in this, and maybe we suffer ourselves with this at times, is just high levels of cynicism and apathy.
- Either way, they'll find some problem. I would say cynicism is a plague in our culture.
- And while that may be okay with certain things in life, it's just simply not okay with Jesus.
- He is the answer, and so to not respond to him comes with consequences.

4 Arrogance and Obstinence

Matthew 11:25

- Some simply want to live the way they want to live, and they don't want to listen to Jesus and what he has to say. And so in their arrogance, they refuse to repent.
- But it's the way the hearts react to it that make the difference.
- The answer is not to push harder and do more and try to figure it out myself. The answer he says is to come to him because his yoke is easy and his burden is light.

5 Sabbath Is About Rest

Exodus 23:12; Deuteronomy 5:14; 1 Samuel 21

- Sabbath is about rest. It's about healing and refreshment.
- They would prefer for their fellow man to go hungry for the sake of their rules. They would prefer for a man to remain disabled for the sake of their laws.
- Rest is the entire point of the Sabbath, not their laws.
- If you had known what this means, I desire mercy and not sacrifice, you would not have condemned the guiltless.
- If we are unfriendly and unkind, if we are mean to people, that is not the way of Jesus.

6 We Will Give Account

- We will give account for every careless word.
- By your words, you will be justified, and by your words you will be condemned.
- It's not going to be good enough to say the Pharisees did this and the scribes did that, and so I just decided it wasn't really worth it. We have to make a decision about Jesus.

THE CHALLENGE

Give your burdens to him. His yoke is easy. His burden is light. And you will find rest for your souls.

MY NOTES