

Today, we're going to talk about something we all need but often neglect: Rest.

We all know how busy life can get. We're always rushing, always working. But today, let's take a moment to think about rest.

Rest is not just about sleeping or taking a break. It's about finding peace, balance, and renewal. It's about letting go of our worries and trusting that things will work out.

In the Bible, even God rested on the seventh day after creating the world. This wasn't because God was tired. It was to show us the importance of rest.

So today, let's learn more about rest. Let's learn how to find rest not just for our bodies, but also for our minds and spirits. Let's learn to trust in God's promise of rest.

I hope this sermon will help us understand rest better and encourage us to make time for rest in our lives.

Matthew 11:28-29

**“<sup>28</sup> Come unto me, all ye that labor and are heavy laden, and I will give you rest.<sup>29</sup> 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.”<sup>30</sup> For my yoke is easy, and my burden is light.**

Today's message is about finding rest when you're tired.

- Life can be tough.
- We all have responsibilities, we all have expectations, and we all have disappointments that weigh us down.
- But Jesus offers us a way out.
- He says that anyone who is tired or anyone who is stressed can find comfort and peace with Him.
- This message was relevant then, and it is still relevant to us today.

In this Bible passage, Jesus is speaking to people who are overwhelmed by life's challenges.

- They were struggling because of the strict rules set by religious leaders at the time.
- They were finding it hard to meet these high standards and were worn out from trying.
- But Jesus offers relief to those who are tired from their everyday problems.

So, I want to ask you: are you feeling tired right now?

- If so, Jesus invites you to come to Him.
- His invitation is open to everyone, no matter what burdens we carry.

- We can always turn to Jesus for rest and guidance.
- Because His teachings provide a guide on how to live a fulfilling life.

If it's okay, let's examine this invitation further.

- Jesus says "**Come unto me, all ye that labor and are heavy laden.**" This is an open invitation to everyone, regardless of who they are or what they've done.
- It's extended to those who are tired, those who are burdened, and those who are feeling hopeless.
- Jesus is saying, "**I see your struggles, I see your pain, and I see your tiredness.**"
- **Come unto me.**"

This invitation is for people who are struggling, people who are burdened, and people who are seeking salvation.

- He offers rest, He offers peace, and He offers salvation to those who come to him, those who trust in him, and those who lay their burdens upon him.

This message for you today is about finding peace and rest by following Jesus' teachings and experiencing God's love.

- It reminds us that we're not alone in our struggles and that there's hope and relief in Jesus.
- This message has comforted and given hope to many Christians throughout history.

Here's why this message is so important:

1. Jesus invites us to come to Him because He cares about us. He wants us to depend on Him. This isn't just about being

physically close to Him. It's an invitation to follow Him, to be His disciple, and to walk the path He walks. This means we need to let go of our own habits, start following His path, and be willing to give up everything to be made new.

2. Jesus is speaking to people who are working hard and carrying heavy burdens. This includes people who are physically tired, who are emotionally tired, and who are spiritually tired from life's problems, life's difficulties, and the pressure of following religious rules and societal expectations. It also includes people who are carrying the weight of guilt, the weight of sin, and the weight of struggles, and those who are trying to earn salvation through their own efforts, or are worn down by life's problems.
3. Jesus promises to give us rest. This isn't just about relaxing; it's about finding deep peace within ourselves. In the Bible, rest means trusting in what God does. But sadly, people often reject this rest, choosing to rely on themselves instead of trusting Him. This kind of rest changes how we live, moving from depending on our own efforts to relying on His kindness and forgiveness.

So, today, you can find rest in Jesus. You can find rest in the Lord.

Philippians 4:6–7 says “<sup>6</sup> Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God.<sup>7</sup> And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.”

Jesus understands that we’re often tired and burdened.

- He invites us to come to Him, lay down our burdens, and find rest.
- This isn’t about doing things our way, but His way.

In our busy and stressful world, the idea of rest is very appealing.

- But the rest that Jesus offers isn’t just physical, it’s a deep, spiritual rest that comes from knowing we’re loved, valued, and not alone.

Jesus asks us to take His yoke, which is a tool used between two oxen to pull a load together.

- In this context, Jesus is asking us to work with Him and learn from Him.
- He assures us that His yoke is easy and light.

Jesus wants us to rely on Him.

- He promises to always be with us and never leave us.
- He wants us to give all our worries to Him.

Finally, Jesus reveals His heart.

- He describes Himself as “meek and lowly in heart”.

- This shows us that Jesus is full of love, kindness, and humility.
- He genuinely cares about each one of us.

Even though Jesus is divine, He humbled Himself to serve humanity.

- He didn't seek worldly fame or power, but followed His Father's will
- Jesus' humility is different from the pride and self-reliance we often see in people.

Jesus tells us to learn from Him, to imitate His actions and character.

- This involves letting go of our pride, embracing humility, and relying on God's strength.
- As we follow Jesus, we find rest for our souls.
- This rest comes from surrendering control, trusting God, and accepting the kindness of our Savior.

Today, let's look at how the Bible verse Matthew 11:28-29 applies to our lives:

1. Many parents feel tired from juggling work, kids, and home. Jesus offers them rest and peace. He teaches us to be gentle and humble.

2. Some of you might be working long hours, dealing with tough colleagues, and feeling unvalued. Jesus offers rest and invites you to learn from Him.



3. Students often feel overwhelmed with lots of work, pressure about grades, and peer stress. Jesus promises them comfort and rest.

In all these situations, Jesus offers rest and peace.

- He invites us to learn from Him and find relief from our struggles.
- His teachings are not hard to follow,
- and His demands are not heavy.

So, how can we follow Jesus' teachings in practical ways?

1. Regularly talking to Jesus through prayer helps us connect with Him. This can include sharing our worries, asking for guidance, or just spending quiet time with Him.
2. By studying the Bible, we can understand Jesus' teachings better. This helps us align our actions and thoughts with His.
3. Jesus taught us to love others, be humble, and serve. By trying to live these teachings daily, we are following Him.
4. Jesus promises rest to those who follow Him. This means finding peace in our relationship with Him and taking care of our physical, emotional, and spiritual health.

Remember, following Jesus is not about struggling—it's about finding rest and learning from Him.

Now, I understand that there can be several obstacles that might prevent us from taking Jesus' yoke upon us. Here are a few of these we should consider:

1. Not knowing what it means to follow Jesus. Solution: Read the Bible daily.
2. Thinking we can handle everything alone. Solution: Accept that we need Jesus' help.
3. Not making time for Jesus due to daily routines. Solution: Make time for prayer and Bible study.

4. Being scared of surrendering to Jesus or doubting His ability to give us rest. Solution: Trust in Jesus.
5. Unrepentant sin can make us feel unworthy of Jesus' rest. Solution: Seek His forgiveness.
6. Material possessions and entertainment can distract us from Jesus. Solution: Focus on your relationship with Jesus.

Remember, it's okay to face these obstacles. The key is to recognize them and seek Jesus' help in overcoming them.

**Overcoming these obstacles involves both spiritual and practical steps.**

1. **Seek Understanding:** If you're struggling with understanding what it means to take Jesus' yoke upon you, seek guidance. This could be from a pastor, or through prayer and study of the Bible.
2. **Acknowledge Your Need for Jesus:** Pride can be a significant barrier. It's important to acknowledge that we need Jesus and that we can't do everything on our own. Remember, it's okay to ask for help and to rely on Jesus for strength and rest.
3. **Prioritize Your Spiritual Life:** Make time for Jesus in your daily routine. Set aside time each day for prayer and Bible study, and find ways to remind yourself of Jesus' presence throughout the day.
4. **Trust in Jesus:** Fear and doubt can be overcome by trusting in Jesus. Remember His promises and His love for you. Pray for faith and courage to trust Him more.
5. **Repent and Seek Forgiveness:** If sin is creating a barrier between you and Jesus, seek His forgiveness. Repentance is a powerful step towards restoring your relationship with Jesus.
6. **Focus on What Truly Matters:** The distractions of the world can be overwhelming. Try to focus on what truly matters – your relationship with Jesus.

Remember, overcoming these obstacles is a journey, not a one-time event. Keep turning back to Jesus, seeking His rest, and learning from Him.

**There are some Misconceptions about Following Jesus:**

- Some might think that if you follow Jesus' teachings, life will have no problems. But Jesus didn't promise a problem-free life. He promised to be there for us and give us peace during tough times.
- Some might think that following Jesus' teachings is a one-time choice. But in reality, it's a choice we make every day.
- Some might think that Jesus' teachings are only for those who are already religious. But Jesus' teachings are for everyone, no matter where they are in their walk with the Lord.
- Some might think that to follow Jesus' teachings, they need to be perfect. But that's not true. Jesus invites us as we are, with all our flaws, and He offers to help us become better through His love and kindness.
- The word "yoke" might make some think that Jesus is giving us another burden. But Jesus said His teachings are "easy" and His burden is "light". His teachings bring peace and rest, not more burden.

Understanding Jesus' invitation correctly can help us experience the rest and peace He promises.

I want to share a story with you about someone who overcame these misconceptions:

This story is about a guy named David. David was a successful businessman who liked being independent. He thought that following Jesus' teachings meant losing his freedom and having to be perfect. He also thought it was only for religious people.

But as life got harder, David started feeling tired and empty, even though he was successful. One day, a friend invited him to a church service. At first, David didn't want to go, but he decided to give it a try. The pastor talked about how Jesus invites us to find peace, and this made David think.

David realized that his wrong ideas about following Jesus' teachings were stopping him from finding peace. He understood that it wasn't about being perfect or losing freedom, but about finding peace with Jesus.

So, David decided to give it a shot. He started praying, reading the Bible, and going to church regularly. He learned to depend on Jesus every day, not just when things were tough. The more he followed Jesus' teachings, the more peace he found.

David's life still had problems, but he wasn't alone anymore. He had Jesus helping him carry his problems. David's story shows us that following Jesus' teachings is a journey. It needs us to let go of

our wrong ideas and fears. But when we do, we find a peace that nothing else in the world can give.

So what can we learn from David's story for our own lives?

- Like David, we need to say when we're feeling tired and stressed. It's okay to admit that we can't do everything by ourselves and that we need a break.

- If we have wrong ideas about what it means to follow Jesus' teachings, we should try to learn more. This could mean reading the Bible, going to church, or talking with someone who knows a lot about it.

- David decided to trust in Jesus. We can do the same, believing that Jesus will give us peace.

- David spent time praying, studying the Bible, and going to church. We can do the same by making time for these things in our busy lives.

- David found peace by following Jesus' teachings. We can find the same peace when we bring our problems to Jesus.

Remember, taking Jesus' yoke upon us is a journey. It's not about being perfect or religious. It's about coming to Jesus just as we are and finding rest in Him.



