

THE MAN OF REST WHO HEALS THE SOUL

PART 5

Matthew 11:28-30 **SLIDE**

*Come to Me all you who labour and are heavy laden and **I will give you rest.***

²⁹*Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and **you will find rest for your souls.***

³⁰*For My yoke is easy and My burden is light.*

WHO IS JESUS SPEAKING TO HERE?

I originally thought, Jesus was speaking to ...

a particular people group – that Jesus was targeting those who are weary and burdened ...

But as I studied, I was corrected and saw it wasn't a particular people group Jesus was targeting ...

JESUS IS TARGETING A PARTICULAR STATE OF MIND ...

ONE FROM WHICH WE ALL SUFFER

IT'S ALSO NOT PHYSICAL WEARINESS THAT JESUS SPEAKS OF HERE ...

It is a general expression addressing **mental anguish ... emotional fatigue ...** and **mental exhaustion** in two forms -

1. ACTIVE LABOUR
2. PASSIVE WEIGHT

And the antidote for this mental and emotional condition is **the rest** that only Jesus can give.

- 'Weary' (kopiōntes) From *kopos*; **to feel fatigue.**
See Revelation 2:3 (to The Church at Ephesus)
- 'Burdened' (pephortismenoi) To load up, burden; To be laden. From *phortos*
See Luke 11:46 (where the Lawyers made people carry their burdens)

A common term we use today is 'Burn-out'

The other day I spoke to a lady who told me she had been manager for several hi-tech internet people and had left Sydney and come here to The Gold Coast because she was 'Burned-out'.

There is probably no more relevant verses for our society today than these verses ...

Tension, anxiety, stress & burn-out are at pandemic levels in our world today. Mental & emotional pressure is at a critical level ... People are either **striving to survive** ... or **driven to succeed** ...

SLIDE THIS IS THE POVERTY OF OUR PROSPEROUS AGE ...
We prosper in material wealth but we starve in mental & emotional well-being.

There's something churning around inside us and we cannot rest

...

We suffer from unrest deep inside

SLIDES x 2 – QUOTES

LOOK AT ALL THESE ONE-LINERS WE USE TODAY

Stop & smell the roses ...

Take a chill-pill

Relaxez vous ...

Chill-ax

Don't worry, be happy

Have a break, have a kit-kat (TV ad)

THIS STRESS AFFECTS OUR PHYSICAL HEALTH

*The body starts to break down because of hyper-tension & stress
People suffer heart attacks ... diabetes ... immune-system disease
Never before has there been so many tranquilisers prescribed –
Valium, anti-depressants etc*

SELF-MEDICATION

People self-medicate with drugs & alcohol ...

'I need a drink' ...

Smoking Marijuana is common practice

*There is an unrest in the heart of man which cannot be fixed
without the Man of rest.*

SLIDE THE WORLD WAS ORIGINALLY COVERED IN REST

*God blessed and sanctified the 7th Day because in it He rested
(Genesis 2:3)*

REST COVERED ALL CREATION

However, because of sin & Satan, this rest was shattered and replaced with strife under Satan's dominion ...

SATAN CANNOT REST

Satan said to God, 'I have been walking up & down all over the earth' (Job 1:7)

Which gives the picture of a caged lion ...

Like a condemned man pacing the cage in anxiety ...

HE CANNOT REST

The whole world system is infected with the same unrest;

However, look at what Scripture says will happen when Satan is finally brought down from his rule of this world ...

Isaiah 14:7 **SLIDE**

*The whole earth is **at rest** and quiet; they break forth into singing.*

IN THE MEANTIME, JESUS TELLS US TO DO 3 THINGS TO ESCAPE THE UNREST OF SIN & SATAN

1. Come to Him
2. Take His yoke upon us
3. Learn of [off] Him

1. COME TO JESUS

Matthew 11:28-30 **SLIDE**

Come to Me all you who labour and are heavy laden **and I will give you rest.**

Now, this is far more than Jesus the teacher showing us **principles** of rest through His word ...

Jesus is not saying, 'Come to me because I have the answer.'

JESUS IS SAYING, 'COME TO ME' BECAUSE I AM THE ANSWER!

THE 'I' IS EMPHATIC IN THE GREEK

JESUS IS SAYING, 'I AM YOUR REST ... AND REST COMES FROM ME.'

JESUS GIVES US SPIRITUAL REST

Jesus says, 'This rest is not something I teach.
This rest is something *I give you.*
It is imparted to you spiritually.'

THE MOMENT I BOW MY HEAD TO HIM & RECEIVE HIM BY FAITH
IN THAT MOMENT I HAVE IT ...

THIS REST IS A GIFT OF GRACE, IMPARTED TO US ... FREELY ...
WITHOUT COST OR EFFORT

It is given freely by Him ... and received by faith from Him ...

It cannot be earned or achieved by meditation etc

It is a spiritual state that passes all circumstance and fact ...

John 14:27 **SLIDE**

*[My] peace I leave with you ... My peace I give to you ... Not as The
World Gives ... [so will] not your heart be troubled ...*

Jesus' first phrase after the resurrection was, '**Peace be to you.**'
(John 20:19 & 21)

*Can you imagine the wave of rest that swept over the disciples as
Jesus said that ...*

- Every muscle in their body would have unwound
- Every tension dissipated
- Every anxiety dissolved

This is His rest – free from all spiritual oppression

Free from the spirit of heaviness (See Psalm 91)

It is a state of heart ...

AS YOU BOW YOUR HEAD IN SURRENDER TO JESUS ...

ALL OPPRESSION LEAVES YOU ...

AND YOU COME UNDER HIS SUPREME AUTHORITY – INTO HIS

KINGDOM OF HIS PERFECT REST ...

PEACE & REST FLOW FROM HIS LORDSHIP.

Romans 6:13 tells us to Present our members as weapons to God.

*This gives a picture of a soldier kneeling ... pledging allegiance to a
king.*

- ON THE CROSS JESUS TRIUMPHED OVER ALL SATANIC
OPPRESSION

Jesus cried 'It is finished' –

The battle was over –
He rose as Lord far above all demonic powers ...
And **He sat down in perfect rest – in a state of perfect rest.**

*This is what he brings you and me when you **bow your will to Him.**
You enter into his perfect rest ...*

Oppression will be far from you. (See Psalm 91:7).
Here, it can no longer affect you internally.

➤ **ON THE CROSS JESUS FULFILLED ALL THE DEMANDS OF THE
BROKEN LAW**

Jesus took all our guilt and punishment and paid the penalty with
His death ... once and for all.

The law was satisfied

And when Jesus cried it is finished –

**ALL JUDGEMENT WAS OVER ... AND JESUS SAT DOWN IN
PERFECT REST**

Now, when you bow your head to Him, you are declared justified –
100% righteous.

Now there is no more condemnation or guilt to trouble and oppress
you.

*Now we are no longer driven to try and live up to a standard ... to
be approved by the law.*

The law with its demands no longer has any power over us.

We no longer have to struggle *like a slave under a hard task-
master.*

We have a new Master who is **gentle and kind of heart.**

We don't need to worry about our failures anymore as This Man,
Jesus, (who we come to) has paid the price for all our failure.

There is nothing to live up to anymore.

There is only a rest to live in and enjoy with Him.

No one else can give you this rest but Jesus.

2. TAKE MY YOKE UPON YOU

Matthew 11:29 **SLIDE**

Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls.

YOKE = (zygon) From the root of zeugnumi; **a coupling**, i.e. servitude

The first thing we see about this yoke is ...

SLIDE THE YOKE FITS AROUND THE NECK

THE NECK IS OUR WILL (See Acts 7:51)

This is surrendering my will to be locked in with Jesus

➤ **SLIDE WE MUST LET HIM TAKE THE LEAD**

The ox is an animal of servitude – it does the work.

The ox treads out the grain ...

It pulls the plough ...

It pulls the wagon ...

- ***THIS IS NOT RESTING FROM WORK***
- ***THIS IS RESTING IN WORK***

There is work to be done ... therefore let's do it.

The harvest is ripe, but the labourers are few. (Matt 9:37)

BUT LET'S DO IT WITH THE LORD ... HIS WAY ... & IN REST

This is not an issue of whether we work or not.

We all work!

This is an issue of how we work ...

YOKED IN WITH JESUS, WE WORK IN REST

- ***IN ADAM WE WORK TO REST***
- ***IN CHRIST WE REST TO WORK***
- ***IN CHRIST WE WORK **IN** REST***

THE 3RD THING THE LORD ASKS US TO DO IS ...

3. LEAN ON & LEARN FROM JESUS WHO IS WITH YOU

Matthew 11:29 **SLIDE**

Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls.

This is a reference to a strong ox and a young ox being yoked together.

The young ox was yoked in with the big ox so that the big ox bore the brunt of the burden.

➤ **SLIDE** **WE MUST LEARN TO LET HIM BEAR THE LOAD**

The young ox was trained one step at a time.

It moved with the older ox ...

It walked the same steps ...

It turned at the same time ...

It stopped when the big ox stopped ...

And it did it all with ease ...

LEARN OF ME

This is not so much instruction and teaching -

But training and showing ...

This is Jesus leading by example in a divine choreography.

We learn to walk 'In Step' with Jesus, **ONE STEP AFTER THE OTHER ...**

Like a three-legged race where the middle legs of two people are bound together and must move together.

THE ONLY WAY TO SERVE THE LORD IS TO WALK WITH HIM. THIS IS NOT FOLLOWING JESUS, BUT WALKING WITH JESUS. STEPPING EVERY STEP WITH HIM, AS HE STEPS OUT EVERY STEP ...

➤ **SLIDE** **WE MUST LEARN TO WALK IN STEP WITH HIM**

SO MANY MINISTERS HAVE BURNED OUT TRYING TO GO IT ALONE -

Trying to do it by themselves ...

In their own strength ...

Instead of stepping out the steps, as Jesus steps out every step.

SLIDE Many ministers suffer from: **minysteria** = a state of hysteria found in ministers (a made-up word)

Many started out with a zeal, but collapsed in a heap

Many remain today as exhausted souls on the road of endeavour

MANY MINISTERS DON'T UNDERSTAND -

1. THE WORK IS HIS WORK
2. THE CHURCH IS HIS CHURCH
3. THE PEOPLE ARE HIS PEOPLE

STRIFE IS RIFE IN CHURCH LEADERSHIP

I am His servant, so I do what He says to do when He says to do it.
And He gives me the grace to do it.
It's His direction ... His strength ...

God may have instigated your ministry, but you may still be trying
to do it *for Him* instead of *with Him* ...

GET YOKED IN WITH HIM – LEAN ON & LEARN FROM HIM

***MANY OF US HAVE EXPERIENCED HIS YOKE BUT HAVE GONE
BACK TO ANOTHER YOKE ...***

Galatians 5:1 **SLIDE**

***Stand fast therefore in the liberty by which Christ has made us free,
and do not be entangled again with a yoke of bondage.***

NB: THIS IS NOT A COMMAND – IT'S AN INVITATION

***We are free to go back to our stress and strife (even though we
cannot lose our salvation)***

We can again begin to live under the bondage of guilt and fear.

LAY YOUR BURDEN DOWN (Chuck Girard)

***Lay your burden down, lay your burden down
Take your troubled soul, your tired mind and lay your burden down
Lay your burden down, lay your burden down
Take your weary life, your heavy load, and lay your burden down***

***You've been tryin' hard to make it all alone
Tryin' hard to make it on your own
And the strength you once were feelin', isn't there no more
And you think the wrong you've done,
Is just too much to be forgiven ...
But you know that isn't true
Just lay your burden down ...
He has Forgiven you***

**JESUS gives us rest like no other can ...
He shoulders our burdens for us ...
He releases us from all internal anxiety.
He IS The Answer you so desperately need.**

SUPPLEMENTARY

Rest ([anapausin](#)) Rest, cessation from labor, refreshment. From anapano; intermission; by implication, recreation.

“Thou hast made us for thyself, O Lord and our heart is restless until it finds its rest in thee.”

- Augustine of Hippo

Hebrews 4:3 & 10

Now we who have believed enter that rest. ¹⁰For he who has entered His rest has himself also ceased from his works as God did from His.