



The King on Mission Pt 7: And He Shall Give you Rest!

Resurrection Sunday, April 21, 2019

Text: Matthew 11:28-30

Matthew 11:28-30 (KJV) 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.

Matthew 11:28-30 (NLT) Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. 29 Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. 30 For my yoke is easy to bear, and the burden I give you is light."

Examining the Text

1. Come unto me. (v28)

- The word is also an imperative...a **command**. It's used in the NT and almost always carries a sense of urgency to come and follow the Master.
- William MacDonald said, "To come means to believe ([Act 16:31](#)); to receive ([Joh 1:12](#)); to eat ([Joh 6:35](#)); to drink ([Joh 7:37](#)); to look ([Isa 45:22](#)); to confess ([1Jn 4:2](#)); to hear ([Joh 5:24-25](#)); to enter a door ([Joh 10:9](#)); to open a door ([Rev 3:20](#)); to touch the hem of His garment ([Mat 9:20-21](#)); and to accept the gift of eternal life through Christ our Lord ([Rom 6:23](#)).
- Also note that one must "come to Jesus" to receive rest. No one else can provide it! (Matthew 11:27)

2. All ye that labor and are heavy laden. (v28)

- This phrase is not referring to physical labor given the context, but rather spiritual labor.
- In other words, it refers to the weight and burden of **sin**. Contextually, the state of this sort of soul is contrasted with the pride of the three cities mentioned in verses 21 and 23.
- This soul is aware of his sin and bondage, and his deep need for cleansing. He is tired of fighting a losing battle in his own strength and longs to be **saved** (Psalms 38:4; Romans 7:22-25).

3. I will give you rest. (v28)

- Note that the rest our LORD offers is a **gift**. It is not something you can earn; it comes via grace, or unmerited favor.
- Rest can be defined as: 1) to cause or permit one to cease from any movement or labour in order to recover and collect his strength, 2) to give rest, refresh, to give one's self rest, take rest or 3) to keep quiet, of calm and patient expectation. (Thayer)
- The ultimate rest that Christ offers us is the rest of **salvation**.

4. Take my yoke upon you, and learn of me. (v29)

- The "yoke" spoken of is metaphorical. The image is of a harness of some sort placed upon a beast of burden.
- This yoke implies two seemingly contradictory things, although they are not contradictory.

- First, it implies freedom from pure, holy, but impossible to keep **Laws** (Psalm 19:7, Romans 7:7-13, Galatians 3:13).
- Secondly, the yoke reminds us of our need to **submit** to Christ, just as He submitted to the Father. To take His yoke upon us is also to emulate His humility and submission (John 4:34).
- In both of these things, we find rest for our souls! Christ kept the Law on our behalf; therefore we stand before God justified! In Christ we can truly rest because our sins are forgiven. He then frees us to obey and walk in holiness, wherein we find rest from the flesh!

5. **My yoke is easy and my burden is light. (v30)**

- Thankfully, He has done all the hard work. We receive His “yoke” by **grace** and through **faith**: “For by grace are ye saved through faith; and that not of yourselves: *it is the gift of God:*” Ephesians 2:8 (KJV)
- Even the “yoke” of obedience can be viewed in this light. So many refuse to come to Christ because they view His commands as limiting or constraining. Not true!
- *"For this is the love of God, that we keep his commandments: and his commandments are not grievous."* 1 John 5:3 (KJV)

Bonus: Three Areas of Practical REST Offered by Jesus

1. Rest from the **worries** of this life (Matthew 6:31-34; 1 Peter 5:6-7)
2. Rest from **loneliness** and **despair** (Hebrews 13:5b; Matthew 28:20; Galatians 6:2)
3. Rest from the fear of **death** (Romans 5:21, 8:1-2; 1 Corinthians 15:52-57)

Can He really give you rest? He sure can! He is:

- Creator and King of Kings (Colossians 1:16-17, Revelation 17:14)
- God the Son (John 1:1; Isaiah 9:6; 1 Timothy 3:16)
- Our atoning sacrifice (1 Peter 3:18; 1 John 2:1-2; 1 John 4:8-10)
- **Risen!** (Matthew 28:1-6; 1 Corinthians 15:3-8) The tomb is empty! Jesus is alive!
- The giver of eternal life (1 Corinthians 15:20-23; John 3:16-19, 35-36)

What must you do?

Repent

- One of the Holy Spirit’s jobs is to bring conviction (John 16:8).
- You must acknowledge your sin before a Holy God (1 John 1:8).
- Sin is transgression of the law of God (1 John 3:4). His moral laws hold the entire world accountable (Romans 3:19).
- You must realize that all men have sinned and come short of His glory (Romans 3:23).

- *Acts 17:30 (KJV) And the times of this ignorance God winked at; but now commandeth all men every where to repent:*

Believe

- *Mark 1:15 (KJV) And saying, The time is fulfilled, and the kingdom of God is at hand: repent ye, and believe the gospel.*

Next Steps:

1. Pray each day (Luke 18:1)
2. Be baptized (Acts 2:38)
3. Begin studying the Bible (2 Timothy 2:15)
4. Connect with a local church (Hebrews 10:25)
5. Begin discipling your family! Please visit D6Reformation.org.

Thank you so much for coming. We love you!