

THE “REST” OF THE STORY

Text: Matthew 7:13, 14, 11:28-30

Subject: “Obtaining Supernatural Rest From God”

Introduction

(In Matthew 11:28-30 Jesus gives three imperative commands.)

1. *“Come unto Me all ye that labor and are heavy laden, and I will give you rest.”*
2. *“Take My yoke upon you...for My yoke is easy.”*
3. *“Learn of me...for My burden is light.”*

(The J.B. Phillips Translation Reads)

“Come to Me, all of you who are weary and over burdened, and I will give you rest.”

Fact: The word “**weary**” is a Bible word.

Fact: The term “**weariness**” is in Scripture.

Fact: It’s not abnormal to become weary in the journey:

1. **Job was weary (Job 7:3)**

“Wearisome nights are appointed unto me.” (The word “wearisome” here means)

◆ To be grieved ◆ To travail ◆ To worry ◆ To feel misery

2. **David was weary (Psalm 6:6)**

“I am weary with my groanings, I water my couch with tears.” (The word “weary” here means)

◆ To be tired ◆ To labor ◆ To feel faint hearted ◆ To be exhausted

3. **Paul was weary (II Corinthians 11:27)**

“In weariness, painfulness, hunger and thirst, cold and nakedness.” (The word “weary here means)

◆ To be fatigued ◆ To faint ◆ To be reduced in strength

4. **Jesus was weary (John 4:6)**

“Jesus therefore, being wearied in His journey, sat down on Jacobs well.” (The word “wearied” here means)

◆ To feel drained ◆ To feel faint ◆ To feel fatigued

5. **Believers in Thessalonica were weary (II Thessalonians 3:13)**

“But ye, brethren, be not weary in well doing.” (The word “weary” here means)

◆ To weaken ◆ To fail ◆ To faint

6. **Jeremiah was weary (Jeremiah 8:18)**

“My heart is faint in me.”

7. **Jonah was weary. (Jonah 2:7)**

“My soul fainted within me.”

(What does it mean to be weary?)

According to Job, David, Paul, Jesus, Jeremiah and Jonah it means:

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|------------------|--------------------------|--------------------|----------------------|
| 1. To be grieved | 4. To labor | 7. To be fatigued | 10. To be poured out |
| 2. To travail | 5. To feel faint hearted | 8. To feel drained | 11. To be burdened |
| 3. To tire | 6. To become exhausted | 9. To weaken | 12. To lose strength |

(In Matthew 11:28-30)

- What does it mean to receive rest from the Lord?
- What does it mean to labor and be heavy laden?
- What does it mean to take the yoke of Jesus upon you?
- What does it mean that the yoke of Jesus is easy and his burden is light?

(Notice the content of Matthew 11:28)

It's very tense

► In Matthew Chapter 10, Jesus prepares everyone who works for Him: (He talks to us) you and me.

In v. 5 – Jesus sends forth his laborers.

In v. 14 – Jesus warns us about rejection.

In v. 16 – Jesus said you'll see some wolves in the field.

In v. 17-19 – Jesus said it won't all be easy.

In v. 21&22 – Jesus said you'll be hated by some for speaking the truth.

In v. 23 – You'll always have an audience somewhere.

In v. 24-28 – No need to fear those who can kill the body.

In v. 29&30 – Jesus sees the sparrow fall and the hairs on your head are numbered.

In v. 21-42 – You'll be rewarded for taking a stand now in the life here-after.

(V. 42) *“And whoever shall give to drink a cup of cold water in my name, you will not lose your reward.”*

(Then we come to Matthew 11)

- Jesus is broken hearted in verse 23.
“Capernaum which is exalted shall be brought down.” (Why?)
- Because Capernaum was blessed above all other cities in Galilee.
- It was the city where Jesus did more miracles than any other city.
- And Jesus condemns Capernaum because they missed their day of visitation.
- So much light, yet so much resistance.

(But notice Jesus' response)

- In v. 25 – Jesus doesn't get sour or cold.
- Instead, he prays “I thank you O Father”.
- Then, He turns from prayer to His Father, squarely to you. (In v. 28)

**And offers three things to you in the journey,
Three things you don't want to miss,
Three things that produce rest in your spirit man.**

I. (V. 28) “Come unto me all ye that labor and are heavy laden and I will give you rest.”

Question: What does Jesus mean when he says, *“I will give you rest.”?*

- The Jews were laboring under the weight of ceremonial laws.
- The Pharisees groaned under the weights of traditions.
- Burdensome rites and rules and regulations were heavy laden upon the people.
- Jesus' disciples and followers would get saved out of Judaism.
- Many would embrace the Gospel of “Justification by faith” without the deeds of law.”
- Many would try to mix the two, Law and Faith to please God.
- Many would feel that God was displeased with them because they fell short.
- Many would shy away from God because of their performance.

- Many would feel that God was a hard taskmaster, and they couldn't get too close to Jesus.
- But to you that have embraced this Gospel of "Justification by Faith",
- Jesus says, "*Come unto Me.*" "*Draw nigh to me.*" "I want to minister to you."
- Don't stay at arm's length, don't carry your burden alone, and don't labor on your own energy.

(Why not?) Because I will give you REST!!!

- Rest (or relief) from a condemning conscience, a troubled mind, an anxious spirit.
- Rest (or relief) from laboring to try to please God.
- Rest (or relief) from whatever would cause you to be heavy laden.

"I will give you rest" is Christ's promise to you.

- The Greek word for rest doesn't mean cessation from work and labor. It doesn't mean to sit down, rest and do nothing.
- The word rest denotes refreshment of body and soul from coming close to Jesus.

Jesus is saying this:

- Not that you come to Him and have no more work to do,
- But instead, when you come to Him, He will at once give you such rest and refreshment of soul that you will now be fit for the work He has planned for you to do!!!
- This rest promised to you is not an idle life of bird watching, but a restoring and renewing of the Spirit to enable you to fulfill the plan He has for you!!!

What does it mean to be weary?

(V. 28) "*Come unto Me, all who are weary and over burdened.*" (What does it mean?)

- The reference is taken from a man or woman who has a great load laid upon them, which must be carried to a certain place.
- Every step they take reduces their strength.
- Thus, every step makes the journey more oppressive, yet we must continue.
- Then, a compassionate person (Jesus) passing by sees the heavy load, sees the burden, sees the care and offers to ease the load so the traveler can experience rest.

So #1 – Rest comes to us in verse 28.

From understanding what grace is all about.

- We don't have to labor to gain favor with God. (Or strive to be accepted)
- We don't have to work harder to have a sense God smiles upon us,
- We don't have to trust in our good works to balance the scale of justice.

Jesus said, "*Come unto me all.*" (Which includes you!!!)

II. "*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. For My yoke is easy and my burden is light.*"

◆ What does Jesus mean when He says, "*Take My yoke upon you*" for *My yoke is easy*"?

1. "*I'll give you rest*" or, I'll supply you with the needed refreshment for battle.
2. "*My yoke is easy*" so take it upon you!!!

Jesus uses an illustration His hearers understand

- It's the yoke of the oxen, where two oxen were linked together side by side.
- Here it refers to embracing the Savior and walking in obedience.
- Coming to Him is easy - #1. Taking his yoke - #2. is a deeper experience.
- When we come to Jesus by faith, he gives us rest, peace with God in our conscience.
- When we take his yoke upon ourselves, we find rest as a result of total surrender.

To take a yoke in Jesus' day meant, "To become a disciple."

Question: You ask, "Why should I walk the narrow way and take his yoke upon me"?

Answer: "My yoke is easy" says Jesus!!! The Greek word for easy means: "well fitted".

Illustration

Did you ever try someone else's clothes on? They don't fit, it's not you!

- Jesus doesn't miss match you. (His yoke will be tailor made just for you.)
- Don't let other people put their yokes on you.
- Because the yoke of Jesus is "well fitted" to each of us uniquely!!

Here Jesus lays down the cost of the narrow way!

- ◆ It is a willingness to take his yoke upon you
- ◆ No vacillating or compromise
- ◆ But a willingness to identify with everything his yoke represents!!!
- ◆ Side by side
- ◆ No getting out of step

V. 29, "Take My yoke upon you." What is the yoke of Jesus?

- To "take a yoke" in Jesus' day meant to become a disciple and walk beside Him."

To be "yoked to Jesus" means:

- To submit to His authority as master.
- To submit to him in absolute dependence.
- To accept His government as a rule for our lives.

Question: Is it harmful to submit to His authority?

Question: Is it harmful to depend upon Him?

Question: Is it harmful to accept His government as a rule for our conduct?

(v. 30) "*His yoke is easy and burden light.*" (How come?) Very clear

- To those who are yoked up with Jesus,
- Jesus gives powerful assistance. (Simply....)
- When we are yoked in union with Christ,
 1. We receive a never failing supply of grace.
 2. We receive security throughout all of our journey.
 3. We receive comfort and consolation in every duty.
 4. We receive the aid of the Spirit of God for every responsibility.

Question: Why is it an easy yoke?

Answer: Because Jesus is responsible to carry the load that would weary us!

And: He is responsible to carry the yoke if we are submitted to follow in his steps!!!

III. "Learn of Me for My Burden is Light"

Question: What does it mean to "learn of Me"?

Question: And what does it mean "that His burden is light"?

“To Learn of Jesus” is Step 3 in The Process

1. We come by faith and embrace him and find rest.
2. We accept His yoke in full surrender of obedience.
3. We learn of Jesus, or, we walk with Jesus. We grow with Jesus, we become more like Jesus and we learn to trust and obey.

Now get this

The more we “learn of Him”, the more we understand “His burden is light”.

What does it mean?

It means: compared to the burden of life without Jesus, his burden is far lighter.

(Or)

The burden of the Lord and his requirements are a far lighter than the burden of sin.

- ◆ The burden that sin imposes is heavy. ◆ The burden Jesus carries is light.
- ◆ The broad way to hell is burdensome. ◆ The narrow way to Heaven is blessing.
- ◆ The laws of sin and the world system are slavery.
- ◆ But the law of the Kingdom of God is far lighter than the laws of the Kingdom of darkness!!!

Jesus is saying here

It is far easier to be a Christian than it is to be a sinner.

It is far more enjoyable to be a Christian, than it is to be a sinner!!!

It is far more pleasurable to walk the narrow way than the broad way!!! (Why?)

Because Jesus is not a hard taskmaster driving you in slavery!!!

(v. 29) *“I am meek and lowly in heart.”* (Meaning) Embrace Me Come to Me Join Me

(Why?)

Because “I’m not harsh” “I’m not overbearing” “I’m not oppressive”

(Instead)

I’m meek, mild and gentle in my dealings with my own!!!

- Walk the broad way, and the devil will chew you up and spit you out.
- Walk in the narrow way and I will give you rest, joy and peace. His rest is given, His yoke is easy, His burden is light.

Conclusion

How do you experience the “rest” of the story?

1. Throw yourself upon the Grace of God and stop trying to gain His favor by doing more and more and more and more. (Ephesians 1:6)
2. Take the yoke, or surrender every area of your life in obedience, and line up side by side in the yoke with Jesus. (Isaiah 1:19)
3. Learn of Jesus –or keep growing and understand that the way of the transgressor is hard, not the narrow way with Jesus on it!!! (Matthew 7:13, 14)

“Rest” is that refreshing that comes from Jesus to the degree I am submitted to Him.

AMEN, Bill Kirk