

REST

Matthew 11:28-30

We are a weary generation:

Information

Choices

Schedules

Striving

Sin

I. _____ offers Rest?

Deep heart rest comes from a Person, not just time off

The Sovereign One of v27

Has unique knowledge and power

II. _____ is this rest offered?

To the **weary** and **burdened** (v28)

The contrast is to Korazin, Bethsaida, Capernaum, who were self-sufficient (v20-24)

To those who need a Savior to end their striving to be complete

To **ALL** such (v28)

III. _____ is it offered?

A. At His feet as a Gift: I will **GIVE** you Rest (v28)

Remember Paul (Phil 3:4-9): striving → rest in Christ

B. Bearing His yoke as a disciple: you will **FIND** Rest (v29-30)

This is the Rest that you discover as you learn more about Christ

Remember Paul (Phil 4:10-13): learning contentment

Eg: Mary (Luke 10:38-42)

So what

Luke 10:41-42:

What is the One Thing Needed in your life?

List a few areas of stress:

Stress 1:

Come to Him with it. Receive His Rest.

What is one thing Jesus would have you do?

Stress 2:

Sress 3:

Stress 4: