

### III. **LEARN** FROM JESUS (11:29b-d)

- A. Learn from Jesus by studying the **Bible** (11:29b).

*“You search the Scriptures, for in them you think you have eternal life; and these are they which testify of Me.”* John 5:39

*“but grow in the grace and knowledge of our Lord and Savior Jesus Christ.”* II Peter 3:18

- B. Learn from Jesus who is **gentle** and **humble** (11:29c).

*“5 Let this mind be in you which was also in Christ Jesus,  
8 And being found in appearance as a man, He humbled Himself and became obedient to the point of death, even the death of the cross.”* Philippians 2:5,8

- C. Learn from Jesus and find **rest** (11:29d).

*“Thus says the LORD: “Stand in the ways and see, And ask for the old paths, where the good way is, And walk in it; Then you will find rest for your souls. But they said, ‘We will not walk in it.’“* Jeremiah 6:16

### **ASK JESUS TO PROVIDE YOU REST**

## **THIS IS JESUS** **Jesus Provides Rest** **Pastor Steve Reynolds**

### **INTRODUCTION**

- A. All your life you’ve wondered about Jesus. Who is He really? This Is Jesus will bring you face to face with the real Jesus. You will find the answer to Jesus’ question...

*“He said to them, “But who do you say that I am?”* Matthew 16:15

Nothing is more important than knowing the correct answer to this question and how Jesus relates to your life. It impacts the quality of your life and where you will spend eternity.

- B. This series will make deep theological topics of Jesus’ life understandable and applicable. Come and you will discover how Jesus helps US in our everyday lives! The messages include:

Feb 23 Jesus Forgives My Sin  
Mar 1 Jesus Understands My Temptations  
Mar 8 Jesus Meets My Needs  
Mar 15 Jesus Calms My Fears  
Mar 22 Jesus Heals My Sickness  
Mar 29 Jesus Provides Rest  
TODAY Jesus Gives Security

- C. **TEXT:** Matthew 11:28-30 (Pew Bible/Pg.956/New Test.)

## HOW JESUS WILL PROVIDE REST

### I. COME TO JESUS (11:28)

#### A. Jesus is the inviter (11:28-30).

Jesus, in these three verses, refers to Himself, seven times.

*“14 Seeing then that we have a great High Priest who has passed through the heavens, Jesus the Son of God, let us hold fast our confession.*

*15 For we do not have a High Priest who cannot sympathize with our weaknesses, but was in all points tempted as we are, yet without sin.*

*16 Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need.”* Hebrews 4:14-16

#### B. The invitation is open to all who are exhausted and stressed (11:28b).

*“For we do not want you to be ignorant, brethren, of our trouble which came to us in Asia: that we were burdened beyond measure, above strength, so that we despaired even of life.”* I Corinthians 1:8

#### C. When you accept Jesus invitation to come then you will find rest (11:28c).

You will experience:

- Peace With God

*“Therefore, having been justified by faith, we have peace with God through our Lord Jesus Christ,”* Romans 5:1

- Peace Of God

*“6 Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God;*

*7 and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.”* Philippians 4:6-7

### II. WALK WITH JESUS (11:29a-30)

#### A. What is a “yoke”? (11:29a, 30a)

A yoke is a harness that connects a pair of oxen to enable them to work together to pull a heavy load.

Jesus is saying take my yoke and...

- Be with me.
- Follow me.
- Work with me.

#### B. What is Jesus’ yoke like? (11:30b)

It is easy and light.

*“For this is the love of God, that we keep His commandments. And His commandments are not burdensome.”* I John 5:3

#### C. What happens when we take Jesus’ yoke? (11:29b)

When we take Jesus’ yoke we find rest.

*“Cast your burden on the LORD, And He shall sustain you;...”* Psalm 55:22a

*“casting all your care upon Him, for He cares for you.”* I Peter 5:7