

# 00(M043) – The Rest Jesus Gives CD SUN

*Matthew 11:28-30; Ecclesiastes 1:14; Galatians 5:1; 2 Corinthians 6:14-15;  
Deuteronomy 22:10; 1 Peter 2:24; Psalms 55:22; Isaiah 61:3*

August 30, 2020

---

## Application

By Pastor Jeff Wickwire

## Bible Verse

Matthew 11:28-30 (NIV)

<sup>28</sup>“Come to me, all you who are weary and burdened, and I will give you rest.

<sup>29</sup>Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls.

<sup>30</sup>For my yoke is easy and my burden is light.”

**New International Version (NIV)**

Holy Bible, New International Version®, NIV® Copyright ©1973, 1978, 1984, 2011 by Biblica, Inc.® Used by permission. All rights reserved worldwide.

## Note

### 1. Words for the lost and the found

These words from Jesus instantly caught the ear of His listeners. They knew just how wearying and empty life can be. His words here were primarily aimed at the lost. But Christians can also lose sight of the promises of God and sink back into what Jesus is describing—which was the futility of life without a God-focus.

Jesus knew that the lost are under the curse of the fall, and as a result, groan under the toil and burden of life without God. A backslidden King Solomon wrote bitter words in the Book of Ecclesiastes, where he describes the monotony of earthly labor that only seems to circle back to the point where it began. You go to work, come home, feed the kids, pay the bills, watch a little TV, go to bed, and get up next morning to do the same thing. This is what he meant by “vanity, vanity, all is vanity.” Conversely, for those that DO know the Lord but get out of prayer, fellowship, and time in the Word, the same kind of numbing monotony to life develops because they lose their God-focus. You see, a lot of people are saved...They’ve got their ticket to fly when the rapture happens. But they’re not walking closely with the Lord in this life.

So we could say in practical terms they're doing life without God. When you're doing life without God you're like the proverbial hamster on the hamsters wheel—running and running while getting nowhere. You still wind up empty. This is why Solomon said,

## **Bible Verse**

**Ecclesiastes 1:14 (NIV)**

<sup>14</sup>I have seen all the things that are done under the sun; all of them are meaningless, a chasing after the wind.

**New International Version (NIV)**

Holy Bible, New International Version®, NIV® Copyright ©1973, 1978, 1984, 2011 by Biblica, Inc.® Used by permission. All rights reserved worldwide.

## **Note**

Maybe you feel that way today? Stay tuned, there's an answer coming! Jesus called this heavy, monotonous, mind-numbing kind of life being "heavy laden." —But not just with physical labor, mental and emotional labor are included as well. We live in a mentally and emotionally taxing world!

A recent survey revealed that about 57% of Americans say that stress paralyzes them. More than 44% of Americans feel that their stress levels have increased in the last 5 years. 86% of children say their parents' stress is a source of concern for them. Approximately 45% of teenagers say they're under stress constantly. And coupled with the isolation and anxiety brought on by Covid, Americans are feeling emotionally "heavy laden."

But Good News! Jesus brought a word aimed directly at a world that feels meaningless, stressed out, and emotionally exhausted:

First, He invites us to:

2. Come unto Me

When all else fails—and it does—come to Jesus. And in coming to Him, He says,

## **Bible Verse**

**Matthew 11:29 (NIV)**

<sup>29</sup>Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls.

**New International Version (NIV)**

Holy Bible, New International Version®, NIV® Copyright ©1973, 1978, 1984, 2011 by Biblica, Inc.® Used by permission. All rights reserved worldwide.

## **Note**

A yoke is a wooden bar or frame by which two animals (such as oxen) are joined at the heads or necks for working together. A yoke isn't for one, it's for two. So what I want you to notice is that a yoke puts two things together. A yoke inseparably joins two things. So to be yoked to Jesus is to get side by side with Him in life!

Note that He says His yoke is gentle and it's light! Now, when Jesus says "take my yoke" it seems to suggest a trade—what you're currently yoked to is to be replaced with His yoke. The Lord knew that God created us for connection. He made us relational with an empty place we need to fill. So we're all going to be yoked to something or someone! This is why the Bible talks a lot about what you're yoked to, and what NOT to yoke yourself to.

On the negative side, we can be yoked to self-destructive habits that are hard to stop. Things like overeating, gossiping, lying, debt, pornography, laziness, pride, greed, envy, or a wrong relationship where temptation is always staring us in the face.

Jesus says, "Come to me, and I will give you rest." Swap your yoke for Mine!

Bible says,

## **Bible Verse**

Galatians 5:1 (NIV)

<sup>1</sup>It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery.

**New International Version (NIV)**

Holy Bible, New International Version®, NIV® Copyright ©1973, 1978, 1984, 2011 by Biblica, Inc.® Used by permission. All rights reserved worldwide.

## **Note**

LISTEN: What you're yoked to, or not, will decide your future! This is why Paul wrote about our relationships in life:

## **Bible Verse**

2 Corinthians 6:14-15 (NIV)

<sup>14</sup>Do not be yoked together with unbelievers. For what do righteousness and wickedness have in common? Or what fellowship can light have with darkness?

<sup>15</sup>What harmony is there between Christ and Belial? Or what does a believer have in common with an unbeliever?

**New International Version (NIV)**

Holy Bible, New International Version®, NIV® Copyright ©1973, 1978, 1984, 2011 by Biblica, Inc.® Used by permission. All rights reserved worldwide.

## **Note**

To be clear: The Bible doesn't say we're not to TALK to lost people, or WORK with lost people, or EAT a meal with lost people. It says don't be unequally yoked up with them. Because when you're yoked together, where they go you must go, where they turn you must turn, whatever they choose to feed on, so must you! And this is where we come back to Jesus who said, "Take my yoke upon you and learn from Me—let me teach and guide you—for you will find REST for your souls."

Now here's a powerful truth: In the OT, God commanded His people:

## **Bible Verse**

Deuteronomy 22:10 (NIV)

<sup>10</sup>Do not plow with an ox and a donkey yoked together.

**New International Version (NIV)**

Holy Bible, New International Version®, NIV® Copyright ©1973, 1978, 1984, 2011 by Biblica, Inc.® Used by permission. All rights reserved worldwide.

## **Note**

The reason is because one was clean and the other unclean. But it was also God's mercy on the ox. When two animals are yoked together, the stronger of the two always carries the burden. If you yoke an ox and a donkey, the ox will do all the work and the donkey will skate. The ox will eventually become exhausted and maybe even injured.

But there's a POSITIVE SIDE to this: When Jesus says His yoke is easy, He's saying He is strong enough to do the work and carry the burden! He has the strength to carry all the weight. This is why He promises that when we're yoked to Him, we will find REST for our souls! We can rest and trust Him to carry our burdens. When yoked to Jesus, He becomes our burden bearer!

For instance:

1. JESUS CARRIED THE WEIGHT OF OUR SINS ON THE CROSS

## **Bible Verse**

1 Peter 2:24 (NIV)

<sup>24</sup>"He himself bore our sins" in his body on the cross, so that we might die to sins and live for righteousness; "by his wounds you have been healed."

**New International Version (NIV)**

Holy Bible, New International Version®, NIV® Copyright ©1973, 1978, 1984, 2011 by Biblica, Inc.® Used by permission. All rights reserved worldwide.

## **Note**

### **2. HE CARRIES OUR BURDENS**

## **Bible Verse**

Psalms 55:22 (NIV)

<sup>22</sup>Cast your cares on the Lord and he will sustain you; he will never let the righteous be shaken.

**New International Version (NIV)**

Holy Bible, New International Version®, NIV® Copyright ©1973, 1978, 1984, 2011 by Biblica, Inc.® Used by permission. All rights reserved worldwide.

## **Note**

### **3. HE CARRIES OUR PAINFUL PAST AND TURNS OUR LIVES AROUND.**

## **Bible Verse**

Isaiah 61:3 (NIV)

<sup>3</sup>and provide for those who grieve in Zion—to bestow on them a crown of beauty instead of ashes, the oil of joy instead of mourning, and a garment of praise instead of a spirit of despair. They will be called oaks of righteousness, a planting of the Lord for the display of his splendor.

**New International Version (NIV)**

Holy Bible, New International Version®, NIV® Copyright ©1973, 1978, 1984, 2011 by Biblica, Inc.® Used by permission. All rights reserved worldwide.

## **Note**

Are you yoked to Jesus today? Have you come to Him? If not—are you tired of being tired, of feeling like life has no meaning, like you're going thru the monotonous motions of an empty life?