

Command #13: Come to Jesus to find rest for your soul.

Matthew 11:25-30 // Jerry Barber & Greg Singerle

²⁵ At that time Jesus said, "I praise you, Father, Lord of heaven and earth, because you have hidden these things from the wise and learned, and revealed them to little children. ²⁶ Yes, Father, for this is what you were pleased to do. ²⁷ "All things have been committed to me by my Father. No one knows the Son except the Father, and no one knows the Father except the Son and those to whom the Son chooses to reveal him.

²⁸ "Come to me, all you who are weary and burdened, and I will give you rest. ²⁹ 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. ³⁰ For my yoke is easy and my burden is light."

Condensed Version

Read Matthew 11:25-30 and discuss these questions with your disciple(s):

1. Jesus' call in verse 28 is probably intended for those who are not yet following him (but it certainly applies to Christians too). What is Jesus inviting these people to?
2. What is the nature of Jesus' invitation in verse 29?
3. What does Jesus promise to those to answer his call in verse 28? In verse 29?
4. Read Isaiah 53:2-7; Romans 8:1; 33-39; Ephesians 1:3-5; 14-15; Hebrews 9:24-26, and 1 Thessalonians 5:23-24. What do you admire about Christ from these verses?

Study (answers follow below)

1. Spend a few minutes meditating on Matthew 11:25-30. Write down a few observations about the passage.
2. Read the entire chapter of Matthew 11 to understand the context for Jesus' invitation of verses 28-30.
3. Jesus' call in verse 28 is probably intended for those who are not yet following him (but it certainly applies to Christians too). What is Jesus inviting these people to?
4. What is the nature of Jesus' invitation in verse 29?
5. Read the following passages and identify three reasons why people can be "weary" or burdened:
 - a. Matthew 23:1-4
 - b. Isaiah 40:29-30
 - c. Isaiah 57:1-13
6. What does Jesus promise to those to answer his call in verse 28? In verse 29?

Answers:

1. (many answers possible here)
2. Jesus was issuing warnings early in the chapter: those who do not believe in Jesus and refuse to repent will experience judgment (11:1-24). In spite of the rejection of his own people, God will bring salvation by revealing his Son Jesus (11:25-30). Two things lead into Jesus' invitation of verses 28-30:
 - a. Prayer of praise to God the Father (25-26)
 - b. Unique relationship between God the Father and God the Son (27)
3. Jesus is inviting people to come to him, to experience an intimate relationship with him.
4. To learn from him, obey his teaching, and join him in God's work.
5. There are many causes of spiritual weariness, but these three are:
 - a. Trying to carry the burden of the Law with all its regulations (Matt. 23:1-4)
 - b. Burdened with cares, struggles of life (Isaiah 40:29-30)
 - c. Living in idolatry (Isaiah 57:1-13)
6. Both of these promises relate to SPIRITUAL REST:
Verse 28— To those who are weary or burdened he promises rest.
Verse 29-- To those who follow and obey his teaching, he promises rest.

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Worship

Matthew 11:28-30

What is this rest that Jesus refers to? As with all Scripture, we must understand what is being taught by understanding the audience to whom it was spoken. For a Jew, every aspect of his or her life was determined by the Law. The Law was meant to be a guardian for Israel until Christ came (Galatians 3:24) but those in power had manipulated it to their own benefit. Over time, men, denying the Word of God by adding to the Word of God, enslaved the people to their commandments, supposedly derived from Law (this is what Jesus was denouncing in Luke 11:46). To ensure their rules were followed, these men in power had the ability to throw people out of the Synagogue, essentially cutting them off from society, to bring severe hardship upon them. It is in regard to this oppression that Jesus makes this declaration in Mathew 11:28-30.

While we were never and are now not under the Law, that does not mean that similar types of oppression do not still go on today. There are many religions, cults and even altered forms of “Christianity” that imprison people under lies, stating that if they don’t follow a set of rules, give more and more money (usually to the “church” leaders), or if they ever leave, etc. they will lose their salvation. Others put burdens upon themselves as they struggle to live up to a standard that they have set for themselves. But Christ calls people to rest.

What does it mean to rest? To rest from your works of righteousness and to settle the matter that God is, once and for all time, fully satisfied with the work of Christ alone on your behalf. Further to rest from works of sanctification – those things we do as believers that we think will aide or even merit Gods transformative powers. Our work as Christians is to believe Christ and press into Him as He reveals Himself. Christ is the transformative power in a believer’s life, not our efforts. “Beloved, we are God’s children now, and what we will be has not yet appeared; but we know that when He appears we shall be like Him, because we shall see Him as He is” (1 John 3:2). Do you want to be like Christ – look at Him! Don’t be satisfied with what others say about Him, look at Him for yourself. What was the first command regarding Jesus when He revealed Himself as God upon coming into His public ministry? Behold the Lamb of God who takes away the sin of the world! Of all the things God could have given as the first command – worship, praise, honor, believe, etc. – God chose behold. The Greek word translated “behold” contains the idea of to: see, perceive, know, pay attention to, inspect, examine, cherish, and lastly, my favorite, experience. Let’s rest in the finished work of Christ on our behalf and experience Him as we meditate on the following verses:

Isaiah 53:2-7

He had no form or majesty that we should look at him, and no beauty that we should desire him. He was despised and rejected by men; a man of sorrows, and acquainted with grief; and as one from whom men hide their faces he was despised, and we esteemed him not. Surely he has borne our griefs and carried our sorrows; yet we esteemed him stricken, smitten by God, and afflicted. But he was pierced for our transgressions; he was crushed for our iniquities; upon him was the chastisement that brought us peace, and with his wounds we are healed. All we like sheep have gone astray; we have turned—every one—to his own way; and the LORD has laid on him the iniquity of us all. He was oppressed, and he was afflicted, yet he opened not his mouth; like a lamb that is led to the slaughter, and like a sheep that before its shearers is silent, so he opened not his mouth.

Romans 8:1

There is therefore now no condemnation for those who are in Christ Jesus.

Romans 8:33-34

Who shall bring any charge against God’s elect? It is God who justifies. Who is to condemn? Christ Jesus is the one who died, more than that, who was raised who is at the right hand of God, who indeed is interceding for us.

Romans 8:38-39

For I am sure that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, nor height nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.

Ephesians 1:3-5

Blessed be the God and Father of our Lord Jesus Christ, who has blessed us in Christ with every spiritual blessing in the heavenly places, even as he chose us in him before the foundation of the world, that we should be holy and blameless before him. In love he predestined us for adoption as sons through Jesus Christ, according to the purpose of his will.

Ephesians 1:14-15

In him you also, when you heard the word of truth, the gospel of your salvation, and believed in him, were sealed with the promised Holy Spirit, who is the guarantee of our inheritance until we acquire possession of it, to the praise of his glory.

Hebrews 9:24-26

For Christ has entered, not into holy places made with hands, which are copies of the true things, but into heaven itself, now to appear in the presence of God on our behalf. Nor was it to offer himself repeatedly, as the high priest enters the holy places every year with blood not his own, for then he would have had to suffer repeatedly since the foundation of the world. But as it is, he has appeared once for all at the end of the ages to put away sin by the sacrifice of himself.

1 Thessalonians 5:23-24

Now may the God of peace himself sanctify you completely, and may your whole spirit and soul and body be kept blameless at the coming of our Lord Jesus Christ. He who calls you is faithful; he will surely do it.

Question: What do you admire about Christ from these verses?

Obey

Identify . . .

1. What causes stress and anxiety for you
2. What things you are tempted to turn to find comfort other than Jesus himself (television, alcohol, pornography, etc.)
3. What things create challenges for you following Jesus.
4. Now spend time alone with Christ surrendering all of these things listed in numbers 1-3 above in your heart and in prayer.

Train (How to help disciple others:)

1. Study Matthew 11:25-30 yourself, ask your disciple(s) to study it and then discuss it with you.
2. Ask your learner to tell you . . .
 - a. What causes stress and anxiety for them
 - b. What things they are tempted to turn to find comfort other than Jesus himself (television, alcohol, pornography, etc.)
 - c. What things create challenges for his/her following Jesus.
3. Pray *with* your disciple about the items named in a, b, and c above.