

## Finding Soul Rest

Matthew 11:25-30

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*"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."* —Matthew 11:28-30

**Receiving Rest...Finding Rest**—Rev. Jack Hayford

Come unto me...I will give you rest. —Matthew 11:28

Learn of me...you will find rest for your souls. —Matt. 1:29

Bear one another's burdens and so fulfill the law of Christ.

Each one must bear their own burdens. —Galatians 6:2, 5

If you do not work, you do not eat. —2 Thessalonians 3:10

Give to everyone who asks, if they have taken from you, do not ask for it again.

—Luke 6:30

Saved through faith, it is the gift of God. —Ephesians 2:8

Work out your salvation with fear and trembling. —Philippians 2:12

**1. Rest Robbers**

**Worry**—

*Come to me, all you who are weary and burdened, and I will give you rest.*

—Matthew 11:28

**Weariness**—

*For my yoke is easy and my burden is light.* —Matthew 11:30

**Work**—

*Take my yoke upon you and learn from me, for I am gentle and humble in heart.*

—Matthew 11:29

*So they put slave masters over them to oppress them with forced labor ... <sup>14</sup>They made their lives bitter with hard labor in brick and mortar and with all kinds of work in the fields; in all their hard labor the Egyptians used them ruthlessly.*

—Exodus 1:11-14

**Woe—**

*Godly sorrow brings repentance that leads to salvation and leaves no regret, but worldly sorrow brings death.* —2 Corinthians 7:10

**Peter denied the Lord and wept bitterly.  
Judas went and hanged himself.**

**2. Finding Rest**

*Take my yoke upon you and learn from me.* —Matthew 11:29

A yoke is a wooden beam which is used between a pair of oxen to allow them to pull a load (oxen almost always work in pairs).

**Rest from Worry—**

*"Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear."* —Matthew 6:25

**Rest from Weariness—**

*"But they that wait upon the LORD shall renew their strength."* —Isaiah 40:31

**Rest from Work—**

*"Well done, good and faithful servant."* —Matthew 25:21, 23

**Rest from Woe—**

*"I am the God that healeth thee."* —Exodus 15:26

**3. God's Holy exchange provided at the Cross**

*"And provide for those who grieve in Zion—to bestow on them a crown of beauty instead of ashes, the oil of gladness instead of mourning, and a garment of praise instead of a spirit of despair."* —Isaiah 61:3