

REST FOR THE WEARY

(Mt. 11:28-30)

Receiving Christ's Rest

To receive the rest, we come to Christ (11:28; Jn. 6:35)

Reject belief systems that lead to struggle, not rest (Jer. 31:25)

Rest Is Found in Joining Christ in His Work

Christ gives us rest by giving us work (Mt. 11:29)

Christ's work: doing the Father's will (Jn. 6:29, 38; Lk. 4:43)

Joining Christ's work team (Mt. 12:50)

Learning from Christ how to work with Christ (Mt. 11:29)

But Isn't This Just More Work?

No, Christ's work gives rest by simplifying and unifying

No, Christ's work isn't burdensome; it's light (Mt. 11:30)

No, because Christ's yoke makes it "easy" (Mt. 11:30)

Applying the Bible to Life

- What things are making you weary that have nothing to do with Christ's work (following the Father's will)?
 - Do any of the things you are pursuing actually work against Christ's work and God's will?
 - Ask the Spirit to look at your life and reveal to you where you are laboring for things that don't eternally matter.
- How can the reality that you are yoked alongside Christ help you in your work with and for Christ? Does it make it easier or lighter?