

Series: Standing on the Promises of God

# I WILL GIVE YOU REST

## MATTHEW 11

Text: Matthew 11:28

### **Matthew 11:28**

*<sup>28</sup> Come unto me, all ye that labour and are heavy laden, and I will give you rest.*

Introduction:

People today seem to be so beat down by the everyday struggles of life.

They seem to be so very tired and weary.

It is so bad that it has brought on a new illness called “chronic fatigue syndrome”.

There are literally hundreds of thousands of people that suffer from this disease of our time.

The doctors can actually do little about the problem if you suffer from it.

About the best that they can do is give you some sleeping pills and muscle relaxers, but that does not cure the problem it only hides it.

Wouldn't you rather find a cure for your weariness?  
You may say, "Of course I would, does one exist?"

I am happy to report to you that there is a cure for your problem of fatigue and weariness.

We find the cure in our text, and we would like to examine it with full confidence that it will help those who apply these truths.

Notice:

## **1. THERE IS A PROBLEM THAT WE ALL FACE (vs. 28)**

### ***Matthew 11:28***

<sup>28</sup> *Come unto me, **all ye that labour and are heavy laden**, and I will give you rest.*

Most everyone labors, but everyone at times will be heavy laden with something.

We go tired and weary physically, mentally, and emotionally.

Consider the following:

#### **A. The Everyday Bothers of Life Weary Us**

We all have things that are bothersome to us.

They may not be big things, but just the same they weight us down and make us weary.

Everyone faces these things every day in the hustle and bustle of our busy society.

Not only does Every Day Bothers of Life Weary Us but also:

### B. The Enormous Burdens of Life Weary Us

We all have some kind of burden that we carry around from day to day.

Many may have financial obligations that are weighing them down, while others may have family sickness that is weighing them down.

Others are contending with dysfunctional relationships and family problems.

The list of burdens could go on and on.

The sad fact is that we all have something that puts us under enormous pressure and stress from time to time.

When we add life's enormous burdens to life's everyday bothers things can get very stressful.

Dealing with both will lead us to grow weary.

Weariness is simply a problem that we all face in this life.

Note what Job said:

**Job 14:1**

<sup>1</sup> *Man that is born of a woman is of few days, and full of trouble.*

We have considered the Problem That We All Face  
note secondly:

## **2. THERE IS A PROMISE THAT WE ARE ALL GIVEN (VS. 28)**

**Matthew 11:28**

<sup>28</sup> **Come unto me**, all ye that labour and are heavy laden, and **I will give you rest.**

What a tremendous promise we see here.

As we have seen often as we have considered these promises throughout the year; there is a prerequisite to this promise.

If we are going to enjoy the rest that He gives we must be willing to come to Him.

He promises to give rest to those who come unto Him.

We can count on the Lord to come through on this promise because of two things.

Notice these two things:

A. His Nature Insures Us That He Can Make His Promises Good

We must remember that He is God, and that He holds all power in heaven and earth in the palm of His hand.

When He makes such a promise it is not a shallow empty promise because He possesses the power to fulfill it.

Not only does His Nature Insure Us That He Can Make His Promises Good but also:

B. His Good Nature Insures Us That He Will Make His Promise Good

In Revelation the Lord is identified as:

***Revelation 19:11***

*<sup>11</sup> And I saw heaven opened, and behold a white horse; and he that sat upon him was called **Faithful and True**, and in righteousness he doth judge and make war.*

He is Faithful and True.

He is always truthful in what He says, as well as always faithful in bringing it to pass.

His good name insure us that He will make good His promises.

Notice lastly:

### **3. THERE IS A PRESCRIPTION THAT WE ARE ALL POINTED TO (vs. 29-30)**

#### ***Matthew 11:29-30***

*<sup>29</sup> Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls. <sup>30</sup> For my yoke is easy, and my burden is light.*

Here is the prescription for our weariness.

It may seem perplexing because of what is said.

We are not told that we need more leisure time.

We are not told that we are to take a vacation.

We are not told that we need bed rest; rather we are told that we need the yoke.

The yoke is the key to our rest.

So often we try to work alone and we wear ourselves down.

What we need to do is put on the yoke and get harnessed together with Christ.

The yoke that is mentioned is a double yoke.

It is a yoke similar to a yoke of oxen where we see two yoked together.

We may feel that we need a hammock, the Lord says that we need the yoke.

This yoke is important for two simple reasons.

Notice:

#### A. His Yoke Is a Place of Labor

The problem with us is not that we must serve some master or perform some task.

The problem is really what master we serve and what tasks we perform.

The Lord is inviting us to work for Him and with Him.

When we take the yoke of Christ we soon learn what's important work and what is not.

We learn that what we do for Him totally surpasses anything else that we could do.

When we begin our work in His yoke we have assurance that Christ is looking out for us and we worry less about the other less trivial matters of life.

In His yoke we find restful activity.

Not only is His yoke a Place of Labor but also:

### B. His Yoke is a Place of Learning

#### **Matthew 11:29**

*<sup>29</sup> Take my yoke upon you, and **learn of me**; for I am meek and lowly in heart: and ye shall find rest unto your souls.*

We are invited to learn of Him.

There could be no better situation for learning than when we are yoked together with Him?

The problem many of us face today is that we know so little about our Lord.

His desire is that we would have a full knowledge of Him.

We can only learn of him when we abide with him.



That is one of the important elements of His yoke; it keeps us bound together with Him in a place of closeness where we can be taught.

The Lord desires us to be yoked together with him so He can teach us.

In His yoke we learn from Christ how to be patient in suffering, to walk humbly, to trust implicitly, to love intensely, and to rejoice exceedingly.

Close:

Do you have rest today or are you weary and tired?

He is calling all those who are laboring and heavy laden, and He promises you rest if you respond.