

WITHOUT A CARE IN THE WORLD

PART 2 WALKING WITH HIM IN HIS REST

Matthew 11:28-30 NKJV **SLIDE**

*Come to me, all you who labour and are heavy laden and **I will give you rest [I will Rest you]***

*²⁹Take My yoke upon you and learn from Me, for I am gentle and lowly in heart and **you will find rest** for your souls. ³⁰For My yoke is easy and My burden is light.*

NB: **Rest** here is mentioned twice – once in both verses, but before we continue, we first must understand what This ‘REST’ is to which Jesus is referring.

In his secular book about Rest, Alex Soojung-Kim Pang states: *‘Rest has a bad rap in our culture. Most of us think about rest as merely the absence of work—not something valuable in its own right.’*

THIS ‘REST’ IN OUR TEXT IS NOT THE ABSENCE OF WORK

SLIDE *The ‘Rest’ that Jesus speaks of in our text is **far more than just having time off work**, or putting your feet up on the couch watching your favourite TV SHOW (although I do believe in that).*

**THIS IS HOW THE WORLD VIEWS REST ... AND ...
THAT IS EXACTLY HOW THE JEWS SAW THE SABBATH.
IT WAS A DAY OF NOT-WORKING.**

*The religious leaders of Jesus’ day stated **there were thirty-nine kinds of work** that were prohibited on the Sabbath.*

TO THEM IT WAS EITHER WORK OR REST!

THEY FAILED TO SEE WHAT THE ‘TRUE REST’ OF GOD WAS

So when Jesus walked through the corn-fields and His disciples picked the corn on the Sabbath (Matt 12:1) ... and when He healed the man with the withered arm on the Sabbath (Mark 3:1) ... Jesus was doing more than just violating the religious view of the Sabbath rest ...

SLIDE JESUS WAS DECLARING, THAT THE REST OF GOD – GOD’S TRUE ‘SABBATH-REST’ – IS A **‘SPIRITUAL STATE’** OVER

WHICH **JESUS HIMSELF IS LORD** ... AND IT HAS NOTHING TO DO WITH WORKING OR NOT WORKING.

THIS REST IS A SPIRITUAL STATE INTO WHICH WE ENTER

Hebrews also speaks about **This 'Rest'** as more than a 'day', but as a state into which we can enter –

Hebrews 4:3 CLV **SLIDE**

We who have believed have entered that rest ...

**THIS IS 'THE REST' JESUS IS SPEAKING ABOUT IN OUR TEXT ...
'A STATE OF REST' ...**

Let's read it again ...

Matthew 11:28-29 NKJV **SLIDE**

Come unto me, all ye that labour and are heavy laden and I will give you rest [I will Rest You].

*²⁹Take My yoke upon you and learn from Me, for I am gentle and lowly in heart and **you will find rest** for your souls.*

OR 'FIND A STATE OF REST FOR YOUR SOULS'

The first mention of 'Rest' in verse 28 is a verb – 'I will Rest you' (as we saw last week). But here in verse 29 **'Rest' is a noun.**

A NOUN IS SOMETHING TANGIBLE

A noun is a word that refers to a thing (book), an animal (Dog), a place (Brisbane) (Merriam-Webster Dictionary)

NB: They are the same word but with different applications.

VERSE 29 ALSO LETS US KNOW THAT THIS SPIRITUAL STATE OF REST CAN BE FOUND & EXPERIENCED.

*' ... **You will find rest** for your souls.'*

WE CAN DISCOVER & EMBRACE THIS REST BECAUSE IT IS A SPIRITUAL STATE ... IT IS TANGIBLE IN FAITH.

WALK & WORK IN HIS REST

WE ALSO SEE IN OUR TEXT THAT THIS 'REST' IS SUSTAINABLE. HOW IS IT SUSTAINABLE?

JESUS TELLS US IF WE ARE 'YOKED' TO HIM WE WILL 'FIND' HIS REST FOR OURSELVES, IN EVERYTHING WE DO, DAY AFTER DAY, WEEK AFTER WEEK.

WHAT IS THIS YOKE?

'Yoke' (*zygos*) an instrument for coupling.

SLIDE A 'Yoke' is usually used to join two oxen together. It fits over the back of the neck of each ox.

SLIDE THIS IS BEING COUPLED TOGETHER WITH JESUS IN HIS REST AS WE WALK & WORK IN LIFE ...

This is more than experiencing His rest because we are weary and heavy laden (v28). This is experiencing His rest continually ...

Some people have experienced the 'gift' of rest as in verse 28 as Jesus ministered His rest to them ...

But many do not go on into verse 29 to begin to 'find The Rest', to live and work in a permanent state of Rest.

ALL BELIEVERS RECEIVE GOD'S REST WHEN THEY FIRST BELIEVE ... but many DO NOT WALK OR WORK IN IT.

SLIDE So God allows us to come to a time of crisis – to breaking point – and our strength fails. Our efforts cannot get us out.

IT'S HERE THAT WE COME TO JESUS WHO 'RESTS' US.

AND WE LITERALLY SIGH A 'SIGH OF RELIEF'.

It is a momentary emotional experience of His Rest.

*But soon ... feeling better and rested ... **we get up and go right back to doing things the way we were doing them before – the way we've always done ... until we eventually crash again and repeat the whole cycle.***

This is how many Christians live. This is why there are so many altar-calls and counselling sessions, as Christians who do not know they can be locked in with Jesus in a Sustainable Rest, go from one 'altar-call' to another ... from one counselling session to another ... from one fall to another ...

There is no permanent change in their lives ... just a series of fleeting experiences repeated again and again.

So many times in my younger Christian life I wept at the altar week after week ... going round in circles ...

James talks about this like a man looking in a mirror –

James 1:23-24 BSB

For anyone who hears the word but does not carry it out is like a man who looks at his face in a mirror ²⁴ and after observing himself goes away and immediately forgets what he looks like.

SLIDE JESUS CALLS OUT ... STOP DOING THIS TO YOURSELF ... TAKE MY YOKE & LEARN FROM ME & YOU WILL FIND PERMANENT ... SUSTAINABLE REST.

Jesus wants us to grow and move into verse 29 ... to get yoked in with Him and begin to walk and work in His Rest permanently. This is how we can have a Sustainable Rest in which we continually live and work. A state of Perpetual Rest

LET'S LOOK AT THIS YOKE MORE CLOSELY

JESUS OFFERS US HIS OWN PERSONAL YOKE

Matthew 11:29-30 NKJV **SLIDE**

*Take **My** yoke upon you and learn from Me, for **I am** gentle and lowly in heart and you will find rest for your souls ³⁰ For My yoke is easy and My burden is light.*

**THIS IS JESUS' OWN YOKE ...
MADE BY HIM FROM HIS PERFECT LIFE.**

**This is not the Yoke of some pastor / teacher / prophet ...
WE ARE COUPLED WITH JESUS PERSONALLY.**

**THIS IS BEING CLOSELY LOCKED IN WITH JESUS HIMSELF.
Like a 3-legged race where your leg is tied together with someone else's leg to run the race.
*You are connected to Jesus by HIS YOKE.***

**IMAGINE BEING YOKED IN WITH THE MOST PERFECT PERSON
THAT EVER LIVED
WHAT A PRIVILEGE TO BE INVITED TO BE COUPLED TO THE LORD
JESUS.**

So Strong yet so Gentle. So Wise yet so Humble.

JOHN SAW HIM & OVERFLOWED WITH PRAISE IN HIS GOSPEL

John 1:14 NIV

The Word became flesh and made his dwelling among us. We have seen his glory, the glory of the one and only Son, who came from the Father, full of grace and truth.

AND IN HIS EPISTLE

1 John 1:1-2 BSB

That which was from the beginning, which we have heard, which we have seen with our own eyes, which we have gazed upon and touched with our own hands—this is the Word of life. ²And this is the life that was revealed; we have seen it and testified to it, and we proclaim to you the eternal life that was with the Father and was revealed to us.

IN THIS COUPLING JESUS REVEALS HIS DIVINE CHARACTER

Matthew 11:29 NKJV **SLIDE**

*Take My yoke upon you and learn from Me, for **I am gentle and lowly in heart** and you will find rest for your souls. ³⁰For My yoke is easy and My burden is light.*

I AM GENTLE

THIS GREAT BIG OX WITH SO MUCH STRENGTH IS NOT ROUGH WITH YOU ... HE IS DELICATE & GENTLE ...

I AM LOWLY – HE IS NOT HIGH-MINDED ...

EVEN THOUGH HE IS FAR SUPERIOR IN STRENGTH & WISDOM ... HE TALKS TO US BESIDE HIM AS AN EQUAL ... NO PRETENSE ...

IF: A FATHER'S ADVICE TO HIS SON

*If you can walk with the crowd and keep your virtue,
Or walk with kings – nor lose the common touch;
If neither foes nor loving friends can hurt you;
If all men count with you, but none too much,
If you can fill the unforgiving minute
With 60 seconds worth of distance run –
Yours is the earth and everything that's in it,
And – which is more – you'll be a man my son.*

- Rudyard Kipling

IN THIS COUPLING **JESUS REVEALS HIS GRACE TRUTH**

Matthew 11:30 NKJV **SLIDE**

Take My yoke upon you and learn from Me, for I am gentle and lowly in heart and you will find rest for your souls. ³⁰For My yoke is easy and My burden is light.

**HIS BURDEN IS LIKE A SAIL TO A SHIP
IT PROPELLS US FORWARD
LIKE THE WINGS OF ON AN EAGLE
IT LIFTS US UP**

1 John 5:3 NKJV

For this is the love of God, that we keep His commandments. And His commandments are not burdensome.

Proverbs 3:17 NKJV

Her ways are ways of pleasantness, and all her paths are peace.

**THIS IS THE GOOD NEWS OF GOD ... THE GOSPEL OF GRACE.
THERE IS NO CONDEMNATION HERE.
THIS IS WHAT YOU GET BEING YOKED TO JESUS.**

BUT THERE IS ANOTHER YOKE

**THERE IS THE YOKE OF THE LAW ...
WERE PEOPLE WORK UNDER CONDEMNATION.**

Galatians 5:1 BSB **SLIDE**

It is for freedom that Christ has set us free. Stand firm, then, and do not be encumbered once more by a yoke of slavery.

Acts 15:10 BSB

Now then, why do you test God by placing on the necks of the disciples a yoke that neither we nor our fathers have been able to bear?

The Yoke of Bondage Peter was speaking about was certain Jews trying to circumcise the Gentile Believers.

JESUS DOESN'T BURDEN US WITH THE LAW – WITH WHAT WE CAN & CAN'T DO – ALWAYS DEMANDING THAT WE DO BETTER & ALWAYS CONDEMNING US FOR DOING WRONG ...

HE IS OUR INSPIRATION ...
HE HAS ALREADY FULFILLED THE LAW

SO WE WALK WITH HIM NOT UNDER 'LAW' ... BUT UNDER GRACE
WE WALK WITH HIM WITH THE APPROVAL OF THE LAW
IN HIS RIGHTEOUSNESS WE FEEL LIKE WE HAVE DONE RIGHT

HE IS FULL OF GRACE & TRUTH
HE INSPIRES US ... TEACHES US & TRAINS US
WE WALK WITH HIM IN LOVE & REST

SLIDE HUDSON TAYLOR QUOTE

*Bear not a single care thyself,
One is too much for thee;
The work is Mine, and Mine alone;
Thy work—to rest in Me.*