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“Come and Rest in the Fullness of Christ”
Matthew 11:28-30

Big Idea: Jesus extends an invitation to the weary and burdened to come to Him on His terms and find rest for their souls.

I. You Must Trust in Christ, by Coming to Him in Faith.

- This is a simple and straightforward invitation from Jesus.
- Labor - This refers to being under the heavy burden of sin and self effort.
- Heavy-Laden - This references those who are loaded down, carrying the heavy weight of sin.
- Rest - rest from trying to meet the demands of God’s perfect standard in His Law.
- Resting in the finished work of Christ

II. You Must Submit to Christ, by Taking His Provision.

- A yoke was a wooden frame joining an animal to a wagon for pulling a heavy load.
- To take the yoke of Christ is a metaphor for our submission to His authority over our lives.
- True saving faith has this element of submission, yielding to the Lordship of Christ.
- Charles Spurgeon paraphrased this verse saying, “If you will be saved by me, I must be your Master and you must be my servant; you cannot have me for a Savior if you do not accept me for a Lawgiver and Commander. If you will not do as I bid you, neither shall you find rest to your souls.”

III. You Must Yield to Christ, by Learning His Ways.

- All who take His yoke must also take His truth.
- We must yield to Christ in order to be taught by Him.
- Isaiah 55:9 For as the heavens are higher than the earth, so are my ways higher than your ways and my thoughts than your thoughts.
- Proverbs 3:5-6 Trust in the Lord with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths.
- Isaiah 42:2-3 He will not cry aloud or lift up his voice, or make it heard in the street; 3 a bruised reed he will not break, and a faintly burning wick he will not quench; he will faithfully bring forth justice.
- In contrast to the burdens handed down by the Pharisees, Jesus promised rest for those who would come to Him by faith.
- The demands of His Lordship are easy to accept because He is gentle and kind.
- The Holy Spirit lives within us and enables us to carry out His commandments.