

ACCEPT THE CHALLENGE

LIVE A RESTFUL LIFE

Matthew 11:25-30

- **We all have a longing in our hearts to find rest at the end of the day.**
- *“O God, You are my God; I earnestly search for You. My soul thirsts for You; my whole body longs for You in this parched and weary land where there is no water.”* (Psalm 63:1)
- **The more success you have the more burdens you acquire and the more burdens you acquire the more you long to find rest.**
- *“I once thought these things were valuable, but now I consider them worthless because of what Christ has done.”* (Philippians 3:7)
- **If your soul is unhealthy your life will eventually crumble from the inside out.**
- *“Emotional health and spiritual maturity are inseparable. It is not possible to be spiritually mature while remaining emotionally immature.”* (Peter Scazzero, Emotionally Healthy Spirituality)
- **What does it take to find rest for our souls?**

We Find Rest for Our Souls When We:

RECEIVE SUPERNATURAL REVELATION

- *“At that time Jesus prayed this prayer: ‘O Father, Lord of heaven and earth, thank You for hiding these things from those who think themselves wise and clever, and for revealing them to the childlike.’”* (Matthew 11:25)
- **Jesus prayed that God would reveal secret and hidden things to His followers so they would be wise and insightful.**
- **Supernatural truths can only be understood with supernatural revelation.**
- *“Jesus replied, ‘You are blessed, Simon son of John, because My Father in heaven has revealed this to you. You did not learn this from any human being.’”* (Matthew 16:17)
- **Spiritual wisdom and insight are necessary to find spiritual growth and spiritual health.**
- Paul - *“I pray for you constantly asking God, the glorious Father of our Lord Jesus Christ, to give you spiritual wisdom and insight so that you might grow in your knowledge of God.”* (Ephesians 1:17)
- **Am I seeking God’s revelation in my life?**

We Find Rest for Our Souls When We:

COME TO JESUS

- *“Then Jesus said, ‘Come to Me, all of you who are weary and carry heavy burdens, and I will give you rest.”* (Matthew 11:28)
- **We are often tempted to go to everyone and everything else but Jesus.**
- **We have a right to come to Jesus and ask for His help when we become a follower of Christ.**
- *“But to all who believed Him and accepted Him, He gave the right to become children of God.”* (John 1:12)
- ***Where have you been going for help before Jesus or in place of Jesus?***

We Find Rest for Our Souls When We:

SURRENDER OUR BURDENS

- *“Then Jesus said, ‘Come to Me, all of you who are weary and carry heavy burdens, and I will give you rest.”* (Matthew 11:28)
- **The burdens we experience are supposed to be markers and notifications that we have things we need to surrender to the Lord.**
- *“Give your burdens to the Lord, and He will take care of you.”* (Psalm 55:22)
- **God cares about you more than He cares about what you can do for Him.**
- *“So humble yourselves under the mighty power of God, and at the right time He will lift you up in honor. Give all your worries and cares to God, for He cares about you.”* (1 Peter 5:6-7)
- ***What are some burdens I need to surrender to the Lord?***

We Find Rest for Our Souls When We:

ACCEPT HIS CALLING

- *“Take My yoke upon you. Let Me teach you, because I am humble and gentle at heart, and you will find rest for your souls.”* (Matthew 11:29)
- **A yoke is a frame placed on two animals pulling or carrying a heavy load in order to balance the burden and make it easier to manage.**
- **The Lord is faithful to give our spirit, soul, and body peace and rest when we accept His calling to take His yoke upon us.**
- *“Now may the God of peace make you holy in every way, and may your whole spirit and soul and body be kept blameless until our Lord Jesus Christ comes again. God will make this happen, for He who calls you is faithful.”* (1 Thessalonians 5:23-24)
- **God will never force His yoke or calling upon our lives, so we must choose to accept it or it will not come to fruition.**
- *“O Jerusalem, Jerusalem, the city that kills the prophets and stones God’s messengers! How often I have wanted to gather your children together as a hen protects her chicks beneath her wings, but you wouldn’t let Me.”* (Matthew 23:37)
- ***What calling do I think the Lord has placed on my life?***

We Find Rest for Our Souls When We:

FOLLOW HIS TEACHING

- *“Take my yoke upon you. Let Me teach you, because I am humble and gentle at heart, and you will find rest for your souls.” (Matthew 11:29)*
- **God’s teaching is designed to protect our hearts and lead us to a future of promise, provision, and peace.**
- *“Guard your heart above all else, for it determines the course of your life.” (Proverbs 4:23)*
- **The Lord’s path always leads to rest from every struggle and burden and obstacle we attempt to navigate.**
- *“In that wonderful day when the Lord gives His people rest from sorrow and fear, from slavery and chains.” (Isaiah 14:3)*
- ***Where am I losing rest because I’m not following Jesus’ teaching?***

- Jesus - *“And you will know the truth, and the truth will set you free.” (John 8:32)*
- **Many Christians fail to experience God’s rest because we live in a state of denial:**
 - ***Denial that we need rest.***
 - ***Denial that we need God’s help.***
 - ***Denial that there’s a cost to following Jesus.***
- Jesus - *“Come to Me, all of you who are weary and carry heavy burdens, and I will give you rest.” (Matthew 11:28)*
- **Only when we come to Jesus will we find rest for our soul.**
- ***What step(s) do I need to take in response to this message?***