

Rest from Work or Work from Rest?

February 9-10, 2019

INTRODUCTION: What does the world think “rest” is? How does Jesus teach us to “rest”?

Scripture (All verses from the New International Version 1984)

Matthew 11:28-30

²⁸ ***“Come to me, all you who are weary and burdened, and I will give you rest.***

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

1. Rest is a requirement.

- Exodus 20:8 ***Remember the Sabbath and keep it holy.***
- Psalm 23:1-2 ¹***The Lord is my shepherd, I lack nothing.*** ²***He makes me lie down in green pastures, He leads me beside quiet waters.***

2. Rest is a relationship.

- Matthew 11:29 ***Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls.***

- Exodus 20:9-10 ⁹**Six days you shall labor and do all your work,**
¹⁰**but the seventh day is a sabbath to the LORD your God. On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your animals, nor any foreigner residing in your towns.**

3. Rest is a reward.

- Matthew 11:28 **Come to me, all you who are weary and burdened, and I will give you rest.**
- Psalm 23:6 **Surely your goodness and love will follow me all the days of my life, and I will dwell in the house of the LORD forever.**

CONCLUSION: Turn your eyes upon Jesus.