

# REST FOR THE WEARY

Text: Isaiah 40:27-31; Mt. 11:28-30

Is. 40:27-31 “*Why sayest thou, O Jacob, and speakest, O Israel, My way is hid from the LORD, and my judgment is passed over from my God? Hast thou not known? hast thou not heard, that the everlasting God, the LORD, the Creator of the ends of the earth, fainteth not, neither is weary? there is no searching of his understanding. He giveth power to the faint; and to them that have no might he increaseth strength. Even the youths shall faint and be weary, and the young men shall utterly fall: But they that wait upon the LORD shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint.*”

Mt. 11:28-30 “*Come unto me, all ye that labour and are heavy laden, and I will give you rest. 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. For my yoke is easy, and my burden is light.*”

## **Introduction:**

1. We are living in a time when everyone is wildly busy, scurrying madly from one activity to the next.
2. A time in which there seems to be no rest for the weary.
3. Many people work several jobs to be able to pay their debts.
4. There is malady that is called “chronic fatigue syndrome.”
5. Everyone suffers from it at one time or another.
6. BUT, for a Christians, there is One who can give you rest.
7. His name is Jesus!

## **I. A Common Problem**

- A. From time to time, we are all dead tired from something.
  1. Fatigue sometimes overtakes even the strongest among us.
  2. We become tired physically and mentally from the everyday struggle to make ends meet.
  3. We become tired emotionally from wrestling with a dysfunctional world, unrealized dreams, and heartbreaking loss.
  4. And sadly, we become tired spiritually from trying to live up to our faith.
- B. Fatigue can do strange things to us.
  1. Vince Lombardi said, “Fatigue makes cowards of us all.”
  2. Fatigue can even affect an entire generation.

- a. Who can help but think of Heb. 12:10-13 *“For they verily for a few days chastened us after their own pleasure; but he for our profit, that we might be partakers of his holiness. Now no chastening for the present seemeth to be joyous, but grievous: nevertheless afterward it yieldeth the peaceable fruit of righteousness unto them which are exercised thereby. Wherefore lift up the hands which hang down, and the feeble knees; And make straight paths for your feet, lest that which is lame be turned out of the way; but let it rather be healed.”*
- b. The writer is referring to Isaiah 35:3, *“Strengthen ye the weak hands, and confirm the feeble knees.”*
- c. *“confirm”* - to be alert, physically or mentally, be courageous establish, fortify, prevail, strengthen , make strong.
- d. Those words are directed to those worn out with sickness or fatigue, whose hands hang down, whose knees shake, and who are totally discouraged.
- e. They are exhorted to exert themselves, and take courage, with the assurance that they shall conquer if they rely on God.
- f. Does fatigue threaten your resolve to keep on fighting.

## **II. A Comforting Promise**

- A. Jesus graciously said, *“I will give you rest.”*
- B. If anyone else made that promise, we would count it unreliable.
- C. But when Jesus makes a promise, we **MUST** stop and listen!
  1. His promises are never empty.
  2. He has the power to deliver on His word.
- D. We can stake our eternity on the reliability of His promises.
- E. We must trust this promise as well.

## **III. A Challenging Preparation**

- A. Jesus’ next words *“take my yoke upon you”* are surprising.
  1. We seek rest, escape, a relief from responsibility.
  2. Instead Jesus calls us to a new task.
  3. We are looking for a comfy bed, but Jesus calls us to a yoke!

- B. Jesus calls us to find rest by **voluntarily** placing ourselves under a new burden.
- C. Jesus' words teach us the cause of fatigue and the nature of rest.
  1. Our problem is not that we must work, and serve some master.
  2. The problem is **what** work we choose and **whom** we serve.
  3. The kind of rest Jesus offers is not relief from necessary tasks or even freedom from life's trials.
  4. The disciples who accepted this promise still had to labor and face great difficulties.
  5. The rest Jesus offers is a **peace of mind** and a **calmness of spirit**.
    - a. Rest that comes from **knowing** we live within His will.
    - b. Rest that accompanies a life rescued from **self-made** anxieties and stresses.
    - c. Even the unavoidable work of basic needs is made less tiring by the reassurance that the Savior cares for us.

#### **IV. A Calming Conclusion**

- A. People **willingly** wear all kinds of "yokes."
  - B. Some are slaves to ambition, to greed, or to materialism.
  - C. Some to lust, to alcohol, or to pride and all of its requisite evils.
  - D. It is the world's "**lust for things**" that truly exhaust us.
  - E. Only by accepting the yoke of the Savior are we truly liberated!
  - F. Liberated from the exhaustion of the things that beset us,
 

*"WHEREFORE seeing we also are compassed about with so great a cloud of witnesses, let us lay aside every weight, and the sin which doth so easily beset us, and let us run with patience the race that is set before us,"* Heb. 12:1!
  - G. "**weight**"; a mass - bending or bulging because of its load or burden.
  - H. Set free to work purposefully in true satisfaction and fulfillment.
- The Italian poet Dante, exiled from Florence, wandered all over Europe. One night he knocked at the door of a Franciscan monastery. "What do you want?" the monk asked. "Rest," Dante replied.
- Are you wandering aimlessly about, tired and exhausted, ready to give up? Come to Jesus, accept His yoke - **Only He can give you rest !!!!!**