

Here's Hope
"Rest in the Lord"
Matthew 11:28; Hebrews 4:9

Big Idea – God wants His people to enjoy rest in Him now

Hebrews 4:9 So there is a special rest still waiting for the people of God.

1. Where can we find rest? – the Lord Jesus Christ

Matthew 11:28 Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest."

29 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.

30 For my yoke is easy to bear, and the burden I give you is light."

These verses indicate both the sovereignty of the Father and the responsibility of the sinner.

Notice 3 commands here:

1. "Come." The Pharisees all said "Do!" and tried to make the people follow Moses and the traditions. But true salvation is found only in a Person, Jesus Christ. To come to Him means to trust Him. This invitation is open to those who are exhausted and burdened down. That is exactly how the people felt under the yoke of Pharisaical legalism (Matt. 23:4; Acts 15:10).

2. "Take." This is a deeper experience. When we come to Christ by faith, He gives us rest. When we take His yoke and learn, we find rest, that deeper rest of surrender and obedience. The first is "peace with God" (Rom. 5:1); the second is "the peace of God" (Phil. 4:6-8).

To "take a yoke" in that day meant to become a disciple. When we submit to Christ, we are yoked to Him. The word "easy" means "well-fitting"; He has just the yoke that is tailor-made for our lives and needs. The burden of doing His will is not a heavy one (1 John 5:3).

3. "Learn." The first two commands represent a crisis as we come and yield to Christ; but this step is into a process. As we learn more about Him, we find a deeper peace, because we trust Him more. Life is simplified and unified around the person of Christ.

This invitation is for "all"—not just the people of Israel (Matt. 10:5-6).

2. What are hindrances to rest?

Disobedience tied to unbelief

Hebrews 3:18 And to whom was God talking when he promised that they would never enter his rest? He was talking to those who did not obey him.

19 So we see they were not allowed to enter and have God's rest, because they did not believe.

Hebrews 4:1 Now, since God has left us the promise that we may enter his rest, let us be very careful so none of you will fail to enter.

2 The Good News was preached to us just as it was to them. But the teaching they heard did not help them, because they heard it but did not accept it with faith.

6 So God's rest is there for people to enter, but those who first heard this good news failed to enter because they disobeyed God.

Fretting which causes harm

Psalms 37:1 Do not fret because of evildoers, Nor be envious of the workers of iniquity.

7 Rest in the LORD, and wait patiently for Him; Do not fret because of him who prospers in his way, Because of the man who brings wicked schemes to pass.

8 Cease from anger, and forsake wrath; *Do not fret*--it only causes harm.

Fear, frustration, hurt – root causes of anger

8 Stop being angry! Turn from your rage! Do not lose your temper— it only leads to harm.

3. What does this rest look like?

“Living in a confident expectation and anticipation of God's working on my behalf. Refusing to run ahead of Him or trying to solve “it” by ourselves.

4. What are the results of waiting, of resting in the Lord? – Psalm 37

3 Trust in the LORD, and do good; Dwell in the land, and feed on His faithfulness.

4 Delight yourself also in the LORD, And He shall give you the desires of your heart.

5 Commit your way to the LORD, Trust also in Him, And He shall bring it to pass.

6 He shall bring forth your righteousness as the light, And your justice as the noonday.

Vs. 3,4 Good deeds, delights, desires

Vs. 5,6 God protects your reputation

Vs. 9, 11, 19, 22, 34 Eternal inheritance

v. 19 Sufficiency even in famine

Vs. 23, 24 Stability

Vs. 28 God's eternal Presence

Vs. 37 Peace

Vs. 39 Strength

Vs. 40 Deliverance

