



Repentance Tabernacle Church

RepentanceTabernacle@gmail.com
www.RepentanceTabernacle.org (984) 369-5171

Trust and Rest!

Focus Verses: Matthew 11:28-30 - ²⁸ Come unto me, all ye that labour and are heavy laden, and I will give you rest. ²⁹ 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. ³⁰ For my yoke is easy, and my burden is light.

Lesson Text: Matthew 11:25-30

Truth About God: Jesus invites us to come to Him for rest.

Truth For My Life: I will come to Jesus for my rest.

Jesus taught, *"And he said to them all, If any man will come after me, let him deny himself, and take up his cross daily, and follow me"* (Luke 9:23). He also said, *"My yoke is easy, and my burden is light"* (Matthew 11:30). We must understand the commandment to deny ourselves and the offer to experience His rest are both equally important in our walk with God. When we are in partnership with Him, we find strength for the journey because of the rest and refreshing power of the Holy Ghost.

Isaiah prophesied this truth in the Old Testament when he declared, *"For with stammering lips and another tongue will he speak to this people. . . This is the rest wherewith ye may cause the weary to rest; and this is the refreshing"* (Isaiah 28:11-12). The rest Jesus promised was not permission to sip sweet tea and wait for Jesus to return; **this rest is permission to call on Jesus' name and trust in His Spirit to do what we cannot do on our own.**

Sinners, not saints of God, live the most difficult lives. The Bible clearly declares: *"Good understanding giveth favour: but the way of transgressors is hard"* (Proverbs 13:15). If we find our walk with God to be difficult, perhaps God wants to teach us a lesson. Our proper response is not to question God by asking why, but to examine ourselves and ask Him, **"What do I need to learn from what I'm going through?"**

Jesus' yoke symbolizes our partnership with Him. Only when we are in His yoke will we discover Jesus truly does the heavy lifting, all the while He allows us to rest in His strength. When we are yoked with Him, He automatically directs our steps. Even the world tells us life is hard, but the Lord declares this simple truth: when we walk with Him, we will discover His burden is light (Matthew 11:30). Even Christians experience trials, but we do not walk through them alone. When we are yoked with Jesus, we do not *"walk through the valley of the shadow of death"* (Psalm 23:4) or find ourselves in the *"valley of decision"* (Joel 3:14) all alone. Jesus is with us through it all. Everyone who walks with God for any significant amount of time could tell a multitude of testimonies of times God has proven Himself to be *"a very present help in trouble"* (Psalm 46:1).

If life is difficult for you, do not run from God; run to Him. He is the only one who can offer you the help to walk and the strength to rest. There is no substitute for the presence of God and His strength He gives us. When we are submitted to the Lord, we will discover He is there with us working for us to develop us into the people He saved us to become.

We find comfort in passages of Scripture such as Romans 8:28: *"And we know that all things work together for good to them that love God, to them who are the called according to his purpose."* As we follow His instructions to love Him with all our heart, soul, mind, and strength, He made us a wonderful promise to weave and work our situations—the easy and the difficult—for our good. **Do not give up when you feel weak.** The alternative is carrying our own cross and our own burdens without His help. That plan is destined for unnecessary hardship in this life and an eternity of regret.

Jesus' first-century Jewish audience carried heavy burdens by trying to keep the Law and all the additional laws the rabbis made, which is one reason Jesus invites us to yoke with Him. Put our faith in Him, not through obeying Jewish law but by obeying the gospel. **We will find Jesus' words are true: His yoke is easy and His burden is light.**

Authentic faith is available to everyone because *"God hath dealt to every man the measure of faith"* (Romans 12:3).