

Matthew 11:28-30 – The Heart of Christ: Easy and Light

Huntingdon Missionary Baptist Church – Sunday, May 19, 2024 AM

Matt 11:25-30 – Jesus placing a capstone on the end of His great Galilean ministry. **He reveals His heart.**

Context: Two guardrails precede this great gospel invitation.

1. Humility (as a child) – **Matt 11:25-26**
2. Through Christ alone (no one knows Father except through Son) – **Matt 11:27**

Who should come? All who labor and are heavy laden.

- **Labor** – actively working hard to crowbar your life into smoothness
This is legalism. Trying to take care of your problems yourself.
- **Heavy Laden** – passively finding yourself weighed down by something outside your control
This is the burden of sin and all its effects.

Why should I come? Rest!

- The invitation is to give you rest. **Both the legalistic and the lawless are craving the same thing... rest!**

What kind of rest? He tells us. It is rest for your souls. (v29)

Whether you are trying to measure up (legalism, praying hard enough...) or just struggling under the mess... rest.

Can I trust Him? He is Meek & Lowly

Only here in Scripture does Jesus so plainly tell us His heart. Here is what He says: “I am meek and lowly in heart...”

- **Meek** – gentle, kind, compassionate
- **Lowly** – humble, approachable, accessible. He has the heart of a servant.

Illus: “All power tends to corrupt; absolute power corrupts absolutely” - 19th century British historian Lord Acton.

Jesus says in v27, “All things have been handed over to me by my Father...” **and yet He remains meek and lowly.**

Do I have to take the yoke to be saved? Yes.

There is one call here, not two. It isn't first a call to rest and then a call to a yoke.

- The “rest for you soul” results from coming under Jesus’ yoke, **BECAUSE** it is easy and the burden light.
- The rest is not a result of being “yokeless” but under a better yoke with a better Master.

Matt 28:19 *Go ye therefore, and teach all nations, baptizing them in the name of the Father, and of the Son, and of the Holy Ghost: Teaching them to observe all things whatsoever I have commanded you: ... (KJV).*

Teach, not preach. Why is that? This isn't about the form of evangelism but its result.

“teach” (V) – “*mathēteuō*” to make learners, to make disciples... then baptize.

- Consider the Order of Operation: **Baptism doesn't make you a disciple, salvation does. Salvation comes with a yoke.**
- Baptism is an essential first step of obedience to that discipleship (submitting to the yoke).

Back to our text...

Matt 11:28-30 *Come unto me, all ye that labor & are heavy laden, and I will give you rest. Take my yoke upon you & learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls. For my yoke is easy, & my burden is light.*

Learn of me – “*manthanō*” to be taught

This journey (salvation forward) will look like “learning of Him”.

2 Cor 3:18 *But we all, with open face beholding as in a glass the glory of the Lord, are changed into the same image from glory to glory, even as by the Spirit of the Lord.*

- This will be a journey of growing in your relationship with Him.
- This will be a journey of transformation into a greater likeness of Him.

Matthew 11:28-30 – The Heart of Christ: Easy and Light

Huntingdon Missionary Baptist Church – Sunday, May 19, 2024 AM

How is Jesus' yoke EASY and His burden LIGHT?

- **Remember:** The promised rest is for your soul, not your body, mind, and life.
- **Expectations:** He told apostles about the difficulties and persecution they would face following Him (**Matt 10**)
This is not exhaustive, but a teaser of sorts.

The Yoke of Jesus Brings:

1. Peace with God

Psalm 116:7 Return unto thy rest, O my soul; For the LORD hath dealt bountifully with thee.

Romans 5:1 Therefore being justified by faith, we have peace with God through our Lord Jesus Christ:

But this is just the beginning, right? This is the first taste, but the yoke is not momentary but meant for a lifetime.

2. Provision

Matt 6:31-33 Therefore take no thought, saying, What shall we eat? or, What shall we drink? or, Wherewithal shall we be clothed? (For after all these things do the Gentiles seek:) for your heavenly Father knoweth that ye have need of all these things. But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you. Take no thought – do not be anxious/worried. **Here we have a commitment from the Lord to meet your basic needs.**

What if I want more? What if I don't get all I want?

Phil 4:11-13 Not that I speak in respect of want: for I have learned, in whatsoever state I am, therewith to be content. I know both how to be abased, and I know how to abound: every where and in all things I am instructed both to be full and to be hungry, both to abound and to suffer need. I can do all things through Christ which strengtheneth me.

Paul describes learning to be content (abounding and abased) through Christ who strengthens Him.

This is real-life "take my yoke upon you and learn of me... my yoke is easy and my burden is light!"

3. Presence

Matt 23:4 For they bind heavy burdens and grievous to be borne, and lay them on men's shoulders; but they themselves will not move them with one of their fingers.

Jesus complains about the burdens placed by legalism and the lack of assistance for those under them.

Isn't it true though that Christ will ask us to walk some hard roads to follow Him?

Matt 28:19–20 Go ye therefore, and teach all nations, baptizing them in the name of the Father, and of the Son, and of the Holy Ghost: Teaching them to observe all things whatsoever I have commanded you: and, lo, I am with you always, even unto the end of the world. Amen. **As Jesus lays out the Commission, He promises His presence.**

Illus: Saul on the road to Damascus was accused of persecuting Christ.

Psalm 23:4 Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; Thy rod and thy staff they comfort me. **The yoke is His; you aren't called to bear it alone, but with Him (Phil 4:13).**

4. Protection

Won't following Christ require sacrifice and even loss at times?

Luke 12:7 But even the very hairs of your head are all numbered. Fear not therefore: ye are of more value than many sparrows. **Nothing entrusted to Christ will be lost for long. It will be restored better than ever.**

Matt 6:19-21 Lay not up for yourselves treasures upon earth, where moth and rust doth corrupt, and where thieves break through and steal: But lay up for yourselves treasures in heaven, where neither moth nor rust doth corrupt, and where thieves do not break through nor steal: For where your treasure is, there will your heart be also.

Jesus wants to guide your value system, what is most precious, where you invest your life.

A secure treasure yields a secure heart.

Matthew 11:28-30 – The Heart of Christ: Easy and Light

Huntingdon Missionary Baptist Church – Sunday, May 19, 2024 AM

5. Promise

2 Cor 4:16-17 *So we do not lose heart. Though our outer self is wasting away, our inner self is being renewed day by day. For this light momentary affliction is preparing for us an eternal weight of glory beyond all comparison, (ESV)*

What lies ahead, what is PROMISED, puts the challenges of this life into context.

The gain far outweighs the pain.

2 Peter 1:3-4 *According as his divine power hath given unto us all things that pertain unto life and godliness, through the knowledge of him that hath called us to glory and virtue: Whereby are given unto us exceeding great and precious promises: that by these ye might be partakers of the divine nature, having escaped the corruption that is in the world through lust.*

Through knowing Him (salvation) and His promises (His Word), He has given us all we need to become like Him.

The true fight for rest is internal, as His promises must go from our head into our heart.

Each of these benefits of bearing Jesus' yoke brings REST to your soul.

It is a work, but one that is light and momentary compared to the eternal loss and destruction of sin's yoke.

Jer 6:16 *Thus saith the LORD, Stand ye in the ways, and see, and ask for the old paths, where is the good way, and walk therein, and ye shall find rest for your souls...*

The easy yoke of Jesus is first knowing Him, then learning, believing, and following His teachings.