

# **Finding Rest in a Restless World**

Matthew 11:28-30



**Rest** - to cause to cease from labors or senseless excesses in order to restore one's soul and recover one's strength

## **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.



# The Person of Rest - v28

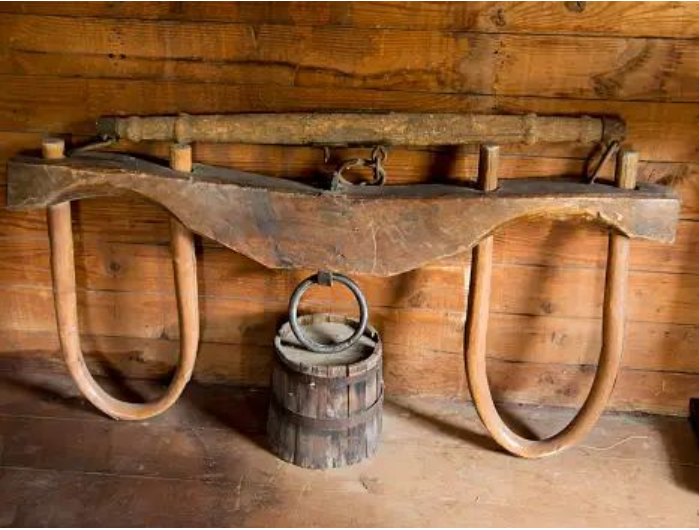
*“Come unto ME all ye that labour and are heavy laden”*

---

# The Partnership of Rest - v29

*“Take my YOKE upon you”*





- **Maximizes potential**
- **Minimizes distractions**
- **Forges cooperation**
- **Lightens the burden**
- **Clarifies direction**



# The Posture of Rest - v29

*“And LEARN of me, for I am meek and lowly in heart”*



# The Promise of Rest - vv28,30

*“And I will give you REST” v28*

*“My yoke is EASY and my burden is LIGHT” v30*