

# Rest: God's Solution for the Weary

Matthew 11:28-30

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**The Problem:** We are weary and burdened.

**The Solution:** Rest—relief and refreshment for your soul.

## Finding Rest:

1. Rest is found in Jesus. (verse 28)

“Jesus invites us to come to *him*. He’s offering *himself* in the midst of whatever is going on in our lives...”

-From *The Journey Bible*, © 1996 by The Zondervan Corporation, p. 1273

2. Rest is found in trading in your burdens for the yoke of Jesus. (verses 29 and 30)

3. Rest is found in learning to walk closely with Jesus. (verse 29)

““Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly.””

Matthew 11:28-30 (The Message)