

Finding Rest in Jesus

Matthew 11:28 "Come to Me, all of you who are weary and burdened, and I will give you rest.

Series: Unpacking Forgiveness #6

South Orlando Baptist Church

Topics: Service, Rest for the Soul

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Text: Matthew 11:25-30

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Withholding forgiveness...

- 1) Increases my burden
- 2) Inhibits my joy
- 3) Imperils my soul (Matthew 6:14-15)

To obtain rest for your soul...

- 1) Come to Jesus (28a)
 - a. Admit you are a sinner
 - b. Believe that he is God's Son
 - c. Confess him as your Lord and Savior
- 2) Comfort yourself in Him (28b)
 - a. Your guilt over sin.
 - b. Your anger over those who have wronged you.
- 3) Carry His yoke (29a)
 - a. We cannot attain his rest if we are unwilling to do His work
 - b. Working for Jesus involves...
 - i. Serving in ministry
 - ii. Using my gifts to edify the church
 - iii. Sharing my faith with others
- 4) Continue in discipleship (29b)
 - a. Learning from Jesus involves...
 - i. Faithful church attendance
 - ii. Involvement in a small group
 - iii. A daily quiet time

Our experienced rest in Christ is dependent upon our heeding his commands and helping his church.

Application Questions

Answers to some of the following questions will be found in Matthew 11.

1. What sorts of activities absolutely drain the life out of you?
2. Why are many Christians frazzled and burned out?
3. Besides himself, who did Jesus say could know God? (11:27)
4. What kind of people was Jesus addressing? (11:28)
5. What promise did Jesus make to those who would accept His offer? (11:28)
6. What farming imagery did Jesus use to encourage people to come to Him? (11:29)
7. How did Jesus describe Himself? (11:29)
8. How is walking with Christ described? (11:30)
9. In what ways do you feel weary and burdened right now?
10. What aspects of the Christian life do you find especially taxing or burdensome?
11. What is it like to experience the promised "rest" of Christ?
12. How would you describe your walk with Christ right now?
13. What works can you do this week that could be considered kingdom work?
14. What improvements do you need to make to better learn from Jesus?
15. What burdens will you entrust to Christ today?

Here are some helpful resources that will help you to forgive others:

MacArthur, John. *The Freedom and Power of Forgiveness*. Wheaton: Crossway Books, 1998.

Spurgeon, Charles. *Forgiveness Made Easy. Classic Sermon on Ephesians 4:32*. Available online for free at <http://www.spurgeon.org/sermons/1448.htm>