

# REST FOR THE SOUL

**MATTHEW 11:28-30**

**PART 2**

# REST FOR THE SOUL

Matthew 11:28-30

- 28) “Come to me, all you who are weary and burdened, and I will give you rest.
- 29) Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your soul
- 30) For my yoke is easy and my burden is light.”

- **Spiritually...** being assured that I'm right with God.
- **It's Different...** for everyone.
- **Knowing...** that I'm not alone in a fallen world
- **Access...** to divine wisdom and godly guidance
- **You know...** when it's there and when it's not.
- **Astonishing Promise...** not fully realised?

# REST FOR THE SOUL

## Pitfalls

- “Come to me, all you who are weary and burdened, and I will give you rest.

**PRESSURE**

**Attitude of Entitlement !**

**X**

# REST FOR THE SOUL

## CHECKLIST

<sup>v29</sup> *Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your soul...*

- 1. Am I right with God?**
- 2. Am I doing HIS known will?**
- 3. Am I walking closely with Him?**

# REST FOR THE SOUL

## Pitfalls

<sup>v29</sup> **Take** my yoke upon you and **learn** from me,  
for I am gentle and humble in heart, and you will  
find rest for your soul...

- ❑ Yes I'm following and staying connected... but I'm still in control and expecting rest for my soul?

❑ No real learning ... No lasting change

# REST FOR THE SOUL

## CHECKLIST

1. Am I right with God?
2. Am I doing HIS known will?
3. Am I walking closely with Him?
4. I 'm following / connected but I 'm in control...  
and still expecting rest for my soul
5. I'm **unwilling** to do His known will but still seeking rest  
for my soul?

# REST FOR THE SOUL

So Why Doesn't Last?

- <sup>v30</sup> For my yoke is easy and my burden is light.
  - 1) Soul rest but **solely** on my terms
  - 2) We go back doing life the very same way as before... no real learning and no lasting change...
  - 3) *Jesus say: "My yoke is easy mu burden is light"... but we say... **my plan is better...** and so off we go*



