REST FOR THE WEARY
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 souls.

30 For my yoke is easy and my burden is light.

Introduction

Do you ever get so tired and worn out you just feel like you can’t even take another step?

Life is so demanding at times. Places to be. Appointments to keep. People to see. Phone calls to return. Responsibilities to take care of.

Kind of wears you out just thinking about it doesn’t it?

As we go back to these comforting words of Jesus in Matthew 11, there are three simple thoughts I would have you to consider about FATIGUE and EXHAUSTION.
First........WE HAVE A COMMON PROBLEM.

Second...WE HAVE A COMFORTING PROMISE

Third.......WE HAVE A CHALLENGING PRESCRIPTION

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First of all................

I.   WE HAVE A COMMON PROBLEM   vs. 28a

“Come to me, all you who are weary and burdened........”

1. Who among us here this morning doesn’t know what it feels like to be weary, tired, exhausted and worn slam out!

2. JESUS is making it very clear in this verse that NO ONE is immune to fatigue and exhaustion........

   It doesn’t matter if you are OLD or YOUNG.......... RICH or POOR...........HEALTHY or UNHEALTHY....... CHRISTIAN or NON-CHRISTIAN..........We all get weary and exhausted.

   We were not created to go days on end without rest or sleep. As a matter-of-fact, studies have shown that people who are deprived of sleep for so long will develop emotional or psychological problems.
3. Even JESUS knew what it felt like to be tired and weary. Perhaps the best example was that night when Jesus was in the boat with his apostles out on the Sea of Galilee when a terrible storm blew up.

   In spite of the howling winds, the driving rain and white-capping waves.......JESUS was so exhausted, he slept like a baby in the bottom of the boat.

4. FATIGUE is a COMMON PROBLEM to all people......

   *Some of you WORK at jobs that are very physically demanding..........A job that requires a lot of manual labor......and certainly by the end of the day, you are worn out.

   *Some of you WORK at jobs that are very mentally demanding.   A job that requires you to work with a lot of facts and figures............Or......One that requires a great deal of concentration and absorbing a lot of information.

   *And some of you WORK jobs that are very emotionally demanding.   JOBS that require a lot of intense interaction with the the pain and problems other people are experiencing.

   It doesn’t matter if your job is PHYSICALLY DEMANDING, MENTALLY DEMANDING or EMOTIONALLY DEMANDING, ...............we all get WEARY and TIRED.
5. You’ve all heard of MURPHY’S LAWS. I don’t know if MURPHY ever came up with any laws about FATIGUE, but if he did, perhaps these would among them:

*A HUSBAND will always be in his most romantic mood when his wife has had the most exhausting day of her life.

*WIVES will always want to go out to eat and go shopping on the night their husband has had the most exhausting day of his life.

*THE TELEPHONE will always ring within five minutes after you have dozed off on the couch.

*THE FAMILY DOG will always need to be taken out to relieve himself exactly 30 minutes before the alarm clock goes off every morning.

*CHILDREN will always need a drink of water or have a nightmare within ten minutes after their mom and dad have both dozed off to sleep.

*HUSBANDS will always want to try out their newest joke on their wife on a night she’s so tired she can’t see straight.

6. Yes, when it comes to FATIGUE and WEARINESS, WE ALL HAVE A COMMON PROBLEM.

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Secondly.........
II. WE HAVE A COMFORTING PROMISE vs. 28

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

1. Listen to how Eugene Peterson says it in his Bible Paraphrase called THE MESSAGE: “Are you tired? Worn out? Even burned out on religion? Come to me, get away with me, and recover your life.”

2. The answer to the fatigue and weariness of life

.......Is not 5 CUPS OF COFFEE
.......Or A COUPLE OF MOUNTAIN DEWS
.......Or ENERGY PILLS or ENERGY DRINKS
.......Or SUPER STRENGTH VITAMINS
.......Or GERITOL

The answer to the fatigue and weariness of life is JESUS CHRIST himself.

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

3. ILLUSTRATION-----For many years Select Comfort Mattresses was one of the sponsors of Paul Harvey’s daily radio program

Paul’s sales pitch for Select Comfort promised you could try a Select Comfort Matress in your home for 30-days and if you weren’t satisfied that it provides you with the best rest you have ever had, he (or the Select Comfort manufacturer) would buy your mattress back.
4. I always put a lot of stock in anything Paul Harvey said. But I even put more stock in what Jesus says.

Jesus is saying to you and me...........

*Before you let life become too unbearable.
*Before you get so exhausted you don’t think you can go another day.

*Before you get to that point of complete physical, emotional and mental breakdown.

Come to me and I will give you the rest you need.

5. What a comforting promise Jesus is giving to you and me in this verse...........

Come to me and I will give you REST........not a scolding! Not a sermon! Not a lecture! Not a reprimand! But REST........relaxing, refreshing, reviving REST!

When it comes to FATIGUE.......  

-We Have A Common Problem  
-We Have A Comforting Promise

And thirdly............
III. WE HAVE A CHALLENGING PRESCRIPTION

1. How can you and I find that REST Jesus is promising to us? Look at verses 29, 30

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 souls.

30 For my yoke is easy and my burden is light.

2. What is this “yoke” Jesus is talking about?

Normally when we think of a yoke, we think of an added burden, like the yoke that is placed around the necks of a team of oxen.

3. What does Jesus mean by “take my yoke upon you?”

The yoke is “our complete surrender” to his will. He is encouraging us to let him HELP us with our burdens.

4. Do you realize when you become so exhausted and so burdened down with life that you can hardly go on that is probably a pretty good indication you’ve been trying to handle too much by yourself without the Lord’s help.

Exhaustion may be an indication our priorities are messed up and that we have been spending so much time and energy on things that don’t really matter.......that we don’t have any energy left for those things that matter most.
5. Let me ask you something...........

*How much easier would it be to carry your FAMILY PROBLEMS if you were to let Jesus help you carry the load?

*How much easier would it be to HANDLE that difficult situation at work, if you were to let Jesus help you?

*How much easier would it be to handle that JUGGLING ACT you’re trying to do between YOUR MATE, YOUR KIDS, and YOUR AGING PARENTS if you were to let JESUS help you?

*How much easier would it be to handle that RELATIONSHIP PROBLEM if you were to let Jesus show you a different way to deal with it than the way you have been dealing with it?

6. That is exactly what JESUS is asking you and me to do. He is saying “Take my yoke upon you.” “Let’s WORK through this together.” “Let me help you carry the load instead of trying to carry it all by yourself.
Illustration: The only survivor of a shipwreck was washed up on a small, uninhabited island. The first thing he did was gather some driftwood to make a hut to protect him from the elements.

Every day the man prayed feverishly that GOD would send someone to rescue him, but no help seemed forthcoming. One day while he was out scavenging for some food, he returned to find his hut had gone up in flames while he was gone.

In anger he cried out to GOD, “How could you let this happen to me.” Early the next morning, the man was awakened by the sound of a LARGE BOAT approaching the deserted Island. It had come to RESCUE him.

How did you know I was here, asked the weary man? We saw your “smoke signal” replied the captain.

You know it is easy to get discouraged when it seems like your life is completely falling apart. But we should never lose heart, because no matter how difficult or exhausting our situation may be.......GOD IS ALWAYS WORKING FOR OUR GOOD. So the next time it seems like YOUR HUT IS BURNING TO THE GROUND, it may be the Lord’s way of saying, “Come To Me, And I will give you rest!”