



## When You're Tired of Being Tired

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*<sup>28</sup> Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. <sup>29</sup> Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. <sup>30</sup> For my yoke is easy to bear, and the burden I give you is light."*

**Matthew 11: 28-30 NLT**

### 1. Jesus promises rest

- Rest is whatever helps us get our minds right
- Rest helps us refocus on God's goodness and grace

### 2. Putting on the yoke of Jesus

- A yoke is made for two – You and Jesus
- A yoke makes both go at the same pace – Jesus' pace
- Jesus promises us rest in work, not rest from work

### 3. We need faith to believe that Jesus' workload for me is something I can live and thrive in

*<sup>5</sup> You can be sure that I have heard the groans of the people of Israel, who are now slaves to the Egyptians. And I am well aware of my covenant with them. <sup>6</sup> "Therefore, say to the people of Israel: 'I am the LORD. I will free you from your oppression and will rescue you from your slavery in Egypt. I will redeem you with a powerful arm and great acts of judgment. <sup>7</sup> I will claim you as my own people, and I will be your God. Then you will know that I am the LORD your God who has freed you from your oppression in Egypt. <sup>8</sup> I will bring you into the land I swore to give to Abraham, Isaac, and Jacob. I will give it to you as your very own possession. I am the LORD!" <sup>9</sup> So Moses told the people of Israel what the LORD had said, but they refused to listen anymore. They had become too discouraged by the brutality of their slavery.*

**Exodus 6:5-9 NLT**

### Next Steps:

- Commit to seek Jesus when I am overworked and weary and let him work with me to carry my load
- Commit to get rest for my body and soul weekly (Sabbath) and also when I am weary from carrying burdens
- Commit to "active rest" by letting Jesus help me carry my burdens and to set the pace
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