

Jesus Provides Rest for Our Souls

(Matthew 11:28-30)

Introduction:

1. In our lesson we are emphasizing how "Jesus provides rest for our souls."
 - a. He invites those who labor and are heavy laden to come to Him for rest.
 - b. To receive His rest we must take His yoke upon us and learn from Him.
2. With the Lord's invitation before us, let us turn our attention to the statements that He made to His disciples in John 14:1-6.
3. Let us examine:
 - a. why Jesus made these statements to His disciples
 - b. some instructions and some information that Jesus gave to His disciples to bring rest to their troubled hearts.
4. Let us first determine . . .

Discussion:

- I. WHY JESUS MADE THESE STATEMENTS TO HIS DISCIPLES
 - A. (John 13:1-2) Jesus had just eaten the Passover meal with His disciples.
 - B. This was the occasion when Jesus gave instructions for eating His Supper.
 - C. Jesus also informed His disciples that He was leaving them (John 13:33).
 - D. Peter's response in vs.36-37 indicates that he was troubled [he needed rest].
 - E. Jesus continued by saying, "*Let not your heart be troubled.*"
 - F. He repeated this statement in John 14:27.
 - G. We understand why Jesus made these statements to His disciples -- they were upset after Jesus told them He was leaving and they could not go with Him.
 - H. We have something in common with the disciples -- sometimes our hearts are troubled and we need rest (2 Corinthians 4:8 -- "*We are troubled on every side*").
 - I. We need to listen carefully to the instructions and the information that Jesus gave to His disciples to bring rest to their troubled hearts.
- II. JESUS GAVE HIS DISCIPLES SOME INSTRUCTIONS TO BRING REST TO THEIR TROUBLED HEARTS
 - A. First, He said in vs.1b, "*Believe in God.*"
 1. As the Bible begins, it declares God's existence (Genesis 1:1).
 2. The Bible also provides evidence for God's existence (Psalm 19:1-6).
 3. How does believing in God help us when our hearts are troubled?
 - a. During times of trouble God provides help (Psalm 46:1).
 - b. God also provides comfort (2 Corinthians 1:3-4a).

c. Belief in God will enable us to say, *"We are troubled on every side, yet not distressed; we are perplexed, but not in despair"* (2 Corinthians 4:8).

B. Second, Jesus said in vs.1c, *"Believe also in me."*

1. The Bible affirms that Jesus came to earth (John 1:14).

a. While on earth Jesus faced the same trials we face (Hebrews 4:15).

b. Consequently, He provides assistance to His followers (Hebrews 4:16).

2. Satan uses trouble to try to prevent us from believing in God and Christ.

3. Jesus said, *"Believe in God, believe also in me."*

III. JESUS ALSO PRESENTED SOME INFORMATION TO HIS DISCIPLES TO BRING REST TO THEIR TROUBLED HEARTS

A. (vs.2) Jesus spoke about His Father's house [heaven].

1. He indicated that there is plenty of room in His Father's house.

2. He said He was going there to prepare a place for His followers.

3. Heaven is prepared in such a way that things which cause our hearts to be troubled will not be there (Revelation 21:4, 27).

4. Jesus assured His disciples that they could eventually be there with Him.

5. Thomas was confused, but Jesus is the only way to the Father.

B. (vs.3) Jesus also spoke about His return.

1. The resurrection and judgment will occur when He returns (John 5:28-29).

2. Those who are prepared for His return will be blessed with eternal life.

3. A good request is found in Revelation 22:20 -- *"Even so, come, Lord Jesus."*

Conclusion:

1. *"Rest"* is available for those with troubled hearts (Matthew 11:28-30).

2. Let us take His yoke upon us and learn from Him (John 14:1-6).