

I Will Give You Rest
(Matthew 11:28-30)

Introduction:

1. In these verses Jesus offered to give a special blessing to everyone who needs it.
 - a. The blessing is "rest" that Jesus described as "rest unto your souls" [being refreshed spiritually].
 - b. The Lord's offer is for those who "labor and are heavy laden" [explained in Matthew 9:36].
 - c. The Lord extends His offer to those who meet His requirements, including:
 - 1) coming to Him -- He will not force anyone because He is "meek and lowly in heart"
 - 2) taking His yoke [submitting to His will -- Matthew 16:24-25]
 - 3) learning of [from] Him.
 - d. The Lord gave a message of assurance to all who come to Him on His terms -- "ye shall find rest unto your souls" (see Matthew 7:7-8).
2. Our lesson is based on the Lord's statement: "I will give you rest."
3. We are listing several specific blessings from the Lord that enable us to be spiritually refreshed.

Discussion:

- I. THE LORD'S REST INCLUDES "FORGIVENESS OF SINS"
 - A. Ephesians 1:7
 - B. 1 John 1:7, 9
- II. THE LORD'S REST INCLUDES "LIFE"
 - A. John 10:10
 - B. Revelation 22:17
- III. THE LORD'S REST INCLUDES "JOY"
 - A. John 15:11
 - B. Philippians 4:4
- IV. THE LORD'S REST INCLUDES "PEACE"
 - A. John 14:27
 - B. John 16:33
- V. THE LORD'S REST INCLUDES "MERCY AND GRACE" (Hebrews 4:16)
- VI. THE LORD'S REST INCLUDES "HOPE" (1 Peter 1:3-4)

Conclusion:

1. The Scriptures reveal many other blessings from the Lord that enable us to be spiritually refreshed (Ephesians 1:3).
2. Let us pursue these special blessings as we seek "rest" from the Lord.
3. With all authority in heaven and in earth, Jesus said: "I will give you rest."