



# 03

## DAY 03

GOD PROMISES TO GIVE YOU REST

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KEY SCRIPTURE

MATTHEW 11:28-30

*“Then Jesus said, “Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. 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. For my yoke is easy to bear, and the burden I give you is light.”*

#### 1. To find Rest people must throw off the yoke of the world

A yoke was a heavy wooden harness that was put on a pair of oxen or other animals which would enable them to pull together on an attached piece of equipment.

Pharisees and religious rulers in Jesus’ day had a lot of rules that were added on to their faith. Their relationship with God was based on doing all the right things and obeying all the rules. This was a heavy burden to carry and created exhaustion. You would never know if you were “good enough” so the tendency to keep working, keep trying harder is always there. Jesus promise of rest means we cannot be tied to a list of do’s and don’ts when we live out our faith. If we yoke ourselves to the world, and its expectations, we will never rest.

#### 2. To find Rest we need to take the yoke of Jesus on

In the ancient agricultural world when two oxen are yoked together one is a trained seasoned ox the other is a new young ox. The farmer chooses who will be yoked together. When Jesus says “Come” it is in invitation to trust him. For us, we have a choice to make, will we surrender and be yoked to Jesus? Taking on the yoke of Jesus implies there is still work to be done. We will have challenges and responsibilities to carry out. However, we must choose to surrender our will, desires, plans, and be yoked to Jesus and his leading. This is not easy, as it goes against our human nature to want our own way. However, there is rest to be found when we surrender and choose to be His disciple.

#### 3. The yoke of Jesus

The yoke of Jesus is humble, gentle and rest for your soul. We are saved from a “try harder” mentality. The burden Jesus gives us is light, easy to bear, because He is pulling with us. He has broad shoulders and is able to bear the brunt of the weight. We still need to pull, and be active, but we do not need to do it on our own, our job becomes to keep in step with Jesus and follow his lead. This is a process of learning



from the satisfaction of fulfilling the purpose Jesus has for us to accomplish in His time and His way. Rest that comes from leaning on Him.

- ▶ Read Matthew 11:28-30 what truth do you hear God speaking to you from this passage?
- ▶ Confess to God; what are you yoked to and what are you experiencing as a result?
- ▶ Jesus promises rest when we are yoked to him. What does true rest look like to you? Pray that God would open your eyes to His picture of rest for you.

Lord Jesus, thank you for promising me rest. So many days I feel exhausted and worn out trying to meet all the expectations of those around me and the ones I put on myself. I find myself yoked to the wrong things and being pulled in the wrong direction. Today I choose to be yoked to you, knowing that it is here I will find peace, contentment, and rest as I keep in step with you. Today I choose to lean on you for rest. In Jesus' Name Amen.