

# Resting in Christ

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Matthew 11: 12.



“Come to Me,  
all you who labor and  
are heavy laden, and  
I will give you rest.”  
Matthew 11: 28.



# I. Introduction: GOD AS SOURCE OF PEACE AND REST

Human beings cannot provide rest. Only God can.



"You have made us for yourself, O Lord, and  
our heart is restless until it rests in you."  
Augustine, Confessions, I, 1 – 2.





“When you are conscious of His presence every day, you will experience a peace that gives you rest, joy inexpressible in your spirit and a power that nothing in this world can offer. In fact, you will begin to be peaceful and powerful like Jesus. You will speak and behave like Him. This is because you cannot be in God’s presence without His beauty, love, peace, power and glory rubbing off on you.”

Joseph Prince



“God cannot give us a happiness and peace apart from Himself, because it is not there. There is no such thing.”  
C. S. Lewis



“Grieved and desponding, I often went alone to some retired place to pour out my soul before Him who invites the weary and heavy-laden to come and find rest. As my faith claimed the promises, Jesus would seem very near. The sweet light of heaven would shine around me, and I would seem to be encircled by the arms of my Saviour.”

Ellen G. White, Christian Experience and Teaching of Ellen G. White, p. 76.





“Jesus comes to you personally and knocks at the door of your heart. He has power to change and transform your life from the inside out. His presence brings peace, and restores love in your life. Your heart is that innermost part of you, your innermost being. That is where Christ comes to dwell. And that is how Christ will restore you, through an inner work of incredible grace.”

M.A. Erickson





“I understand that I shouldn't let myself get hung up on whether Heaven is up there or down here. I could have been in the midst of hell as Daniel 3:25-26, the men in the fiery furnace, but I know that as it was with them, if God is with you, His presence is so wonderful you won't know or care. His presence brings peace no matter the place”  
Mona Love



“To be in God’s presence usually begins with intention. I make a decision deep in my spirit to become connected to God. I remind myself of his special qualities and of his faithfulness. I often remember the scripture “Draw near to God and he will draw near to you.” Luke 4:8 This is a promise that God gives us in his Word.”  
Dale Fletcher





## II. Context





The structure of Matthew 11: 28 – 30 is Christ centered. He is in the middle of the text. We can learn from Him because of the virtues of His character (gentle and lowly in heart).



# Matthew 11: 28 – 30

## Structure

<b>A</b>	28a	Come to me, all you who labor and have heavy burdens
<b>B</b>	28b	And I will give you rest.
<b>C</b>	29a	Take my yoke upon you
<b>D</b>	29b	And learn from me, for I am gentle and lowly in heart
<b>B'</b>	29c	And you will find rest for your souls.
<b>C'</b>	30a	For my yoke is easy
<b>A'</b>	30b	And my burden is light

By coming to Jesus we receive rest and an easy yoke. The yoke is easy because it is His own. Everything coming from God's hand has meaning and represents expression of His love.





# Five Speeches in the Gospel of Matthew and Five Books of Moses

## The Meaning of the Law

The Torah Revisited

**The Book of DEUTERONOMY**

## The New Meaning of the Law

The Spirit of the Law re-explained

**The New DEUTERONOMY**

Matthew  
Ch. 5 – 7

## Organization, Leadership

Moses sends 12 spies to explore the land

**The Book of Numbers**

## Discipleship, Leadership

Jesus sends 12 disciples to transform the land

**The New Numbers**

Matthew  
Ch. 10

## The Great Controversy (GC)

The worship, the Atonement, GC (ch.16)

**The Book of Leviticus**

## The Great Controversy (GC)

The Parable of the Tares and GC (36-52)

**The New Leviticus**

Matthew  
Ch. 13

## The Birth of God's People

Children of Israel coming out of Egypt

**The Book of Exodus**

## The Church, new people of God

Children entering God's kingdom

**The New Exodus**

Matthew  
Ch. 18

## Creation, our Origins

Garden of Eden, God's plan for this Planet

**The Book of Genesis**

## New Kingdom, Our Destiny

New Garden of Eden, God's plan for this Planet

**The New Genesis**

Matthew  
Ch. 23-25

# Five Speeches in the Gospel of Matthew

## Speech #1 (Chapters 5 – 7)

### The New Meaning of the Law (DEUTERONOMY)

Jesus' explanation of the Spirit of the Law, underlining the beauty of God's Revelation on Sinai

## Speech #2 (Chapter 10)

### The New Concept of Discipleship (NUMBERS)

The role of twelve disciples, their authority, and their mission. The new way of conceiving leadership.

## Speech #3 (Chapter 13)

### The New Vision of God's Kingdom (LEVITICUS)

God's plans for the triumph of His concept of love in the context of the Great Controversy

## Speech #4 (Chapter 18)

### The New Call to Come Out and to be Part of God's people (Exodus)

God's church (Ecclesia in Greek, which means "called out or forth").

## Speech #5 (Chapter 23-25)

### The New Presentation of God's Kingdom (Genesis)

After a long conflict, Jesus presents a place where we can live with God forever.

III. To live in God's presence is the essential element of a meaningful life and, as consequence, is providing peace and rest.





1. The rest can be found  
only if we find God  
“Come to Me”



“There is a wonderful joy in salvation that comes from our inner most being where God dwells in our heart. (Psalms 16:11 NKJV) ‘You will show me the path of life; In Your presence is fullness of joy; At Your right hand are pleasures forevermore.’ His refreshing brings love, peace, and joy that could only come from God even when we are surrounded by trouble on the outside we can enter into His presence and have rest and security. (Exodus 33:14 NKJV) And He said, “My Presence will go with you, and I will give you rest.”

Gary Robert Ballard



“When you come to Jesus, you don't come to get health, wealth and prosperity. You come to Jesus to get Jesus.”  
David Platt





“So many people come to church with a genuine desire to hear what we have to say, yet they are always going back home with the uncomfortable feeling that we are making it too difficult for them to come to Jesus.”  
— Dietrich Bonhoeffer, *The Cost of Discipleship*



“When you decide that you cannot be a Christian and still do as you please, when you realize that you must surrender your will to God’s will, then you can comply with the invitation of Christ, “Come unto Me, all ye that labor and are heavy laden, and I will give you rest. Take My yoke upon you and learn of Me; for I am meek and lowly in heart; and ye shall find rest unto your souls. For My yoke is easy, and My burden is light” (Matthew 11:28-30).”  
Ellen G. White, Manuscript 13, 1897.



## 2. The worries preclude us to have peace

“All you who are weary”





“Two words (‘labor’, in original ‘weary’, and ‘heavy laden’) are grammatically closely connected together as cause and effect. The first word, “weary,” is the effect, and the other word, “heavy-laden,” gives us the cause.”

J. Hampton  
Keathley, III

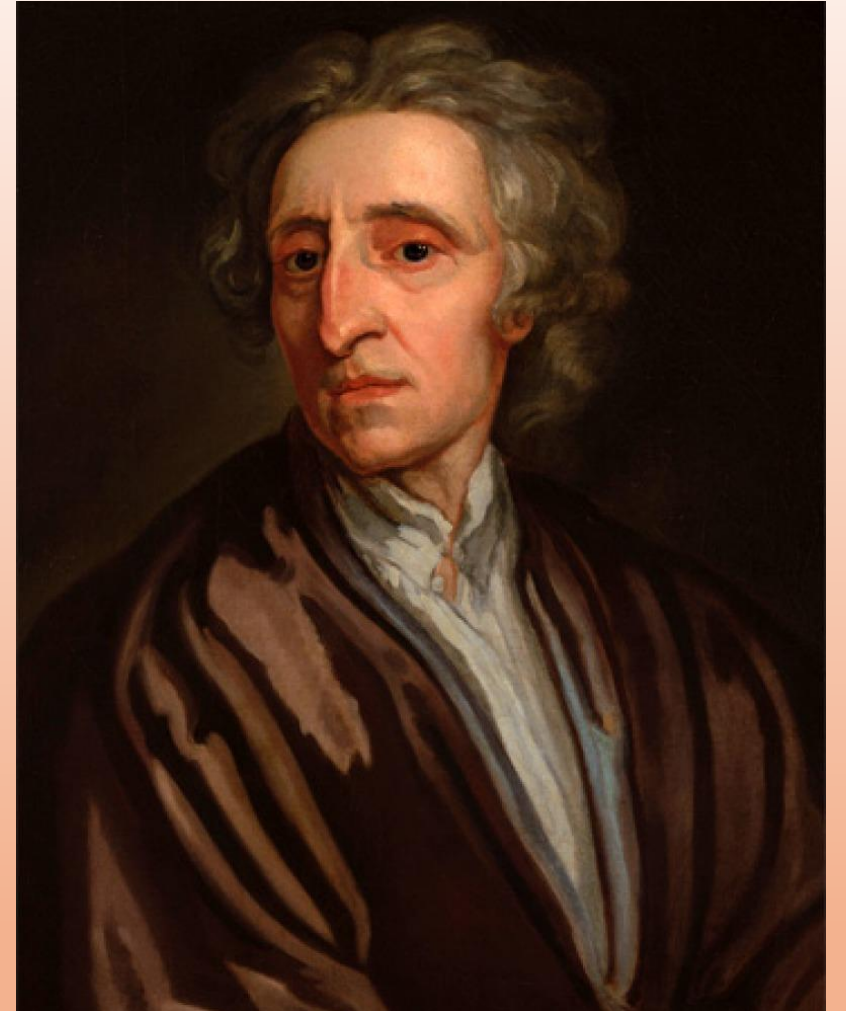




“Worry does not empty tomorrow of its sorrow, it empties today of its strength.”  
Corrie ten Boom,  
Clippings from  
My Notebook



“What worries you, masters you.”  
John Locke



“The little troubles and worries of life may be as stumbling blocks in our way, or we may make them stepping-stones to a nobler character and to Heaven. Troubles are often the tools by which God fashions us for better things.”

Henry Ward Beecher



3. God is not burdening anybody.  
Human beings are.  
“And are heavy laden”





“If your mind carries a heavy burden of past, you will experience more of the same. The past perpetuates itself through lack of presence. The quality of your consciousness at this moment is what shapes the future.”  
Eckhart Tolle



“Love alone makes heavy burdens light and bears in equal balance things pleasing and displeasing. Love bears a heavy burden and does not feel it, and love makes bitter things tasteful and sweet.”

Thomas a Kempis, The Imitation of Christ.

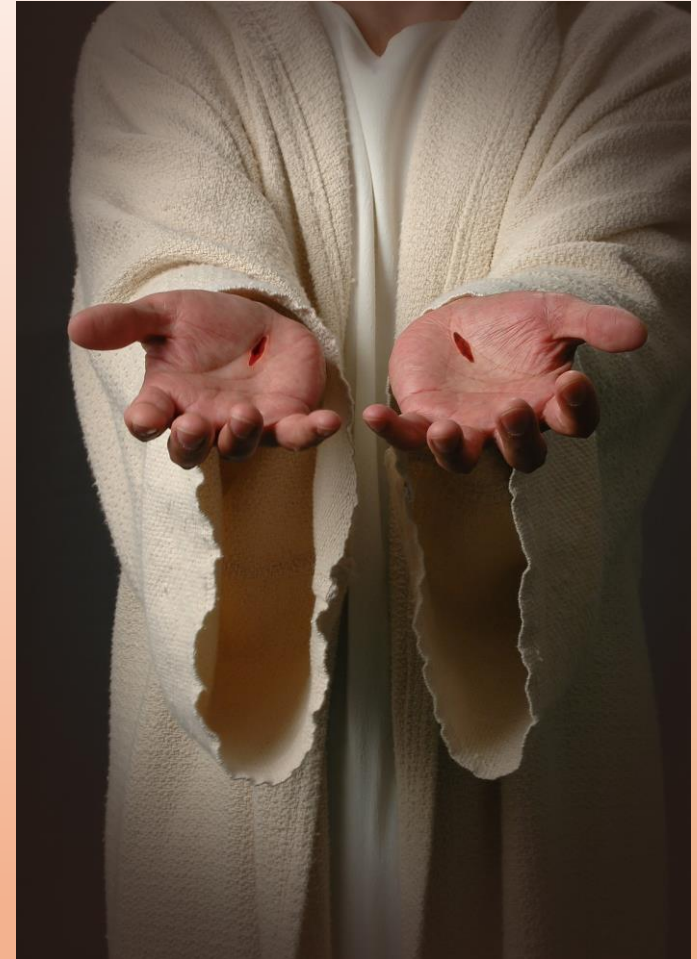


“Never lose sight of the truth that in each battle you face, you are completely surrounded by angels dispatched from God to protect and guide you. Your cries do not go unanswered. He hears your every plea and he cares. The redeemed of the Lord cannot be destroyed by the slings and arrows of the enemy. Every single detail of your life from birth to death has been arranged and made perfect. You cannot fail. The enemy may taunt you with oppression and lies but you are protected by heaven’s royal guard! That is the truth that sets you free. Christ became your burden-bearer when he conquered the world and deprived it of its power to crush you.”

Marianne Bernard

## 4. The rest is the gift of God

"And I will give you rest."





“To rest in God's power when your own weaknesses seem to be screaming at you? That's grace! To be confident in who God is for you when you feel overwhelmed by odds against you? That's peace! To stand alone against massive intimidation? That's trust! To know beyond any shadow of a doubt that God is bigger, and therefore you cannot lose? That's the faith that moves mountains!”

Graham Cooke



“The spiritual rest, which God particularly intends in this Commandment, is this: that we not only cease from our labor and trade, but much more, that we let God alone work in us and that we do nothing of our own with all our powers.”

Martin Luther

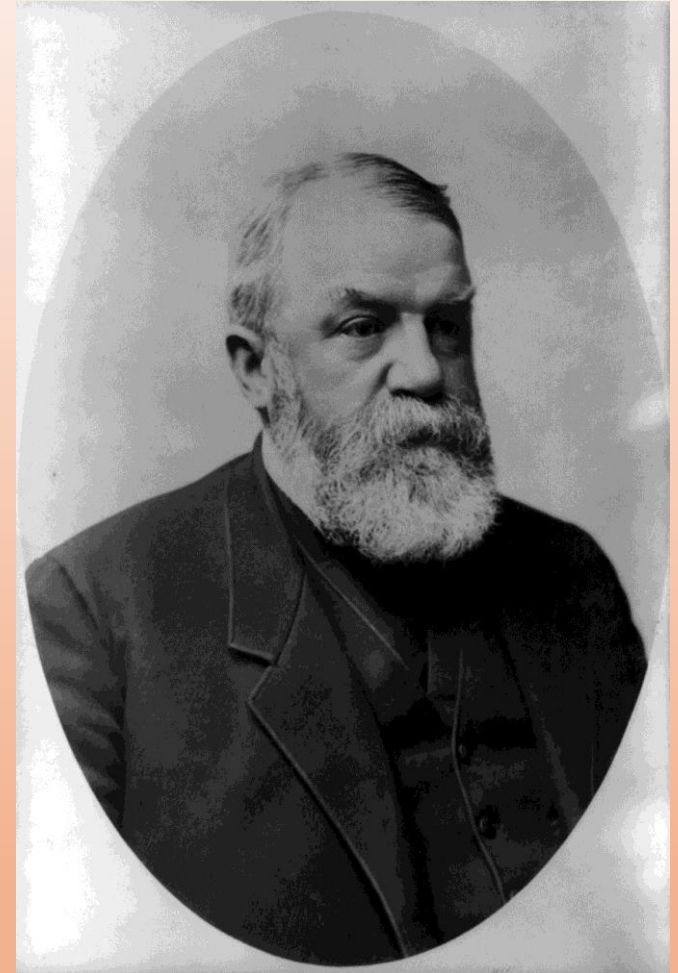


“If God has laid your sins upon the Son of His love, you may rest assured that He will never lay them a second time upon you; since, if Christ has borne them and atoned for them to Divine justice, they never again can be found.”  
Octavius Winslow



“A great many people are trying to make peace,  
but that has already been done. God has not left  
it for us to do; all we have to do – is to  
enter into it.”

Dwight L Moody





# V. Conclusion



“Those who are drinking at the fountain of life will not, like the worldling, manifest a longing desire for change and pleasure. In their deportment and character will be seen the rest and peace and happiness that they have found in Jesus by daily laying their perplexities and burdens at His feet. They will show that there is contentment and even joy in the path of obedience and duty.”  
Ellen G. White, Counsels for the Church, p. 212.



“When God is with us He brings His peace and favor. He is the Lord of peace. Peace is found in a person, the Living God, Creator of all things. Peace is found in God’s presence as a gift that God gives. The peace of God is permanent. It stays with us at all times including pressure-filled circumstances. The peace of God is expressed in profound and powerful ways when we share it with others (peace with God, peace within, peace in relationships, peace regarding the future). God’s presence brings peace.”

Randy Friesen



“God’s coming Kingdom  
has been called a Kingdom  
of peace. We can  
experience that peace  
today by deepening our  
relationship with God.  
Know Him. Talk to Him.”  
Rudy Rangel





“To come to Christ  
costs you nothing,  
to follow Christ costs  
you something, to  
serve Christ will cost  
you everything.”  
M. R. DeHaan



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Matthew 11: 12.

