

My Soul Finds Rest in God Alone

- Today J: **Come, w/b.** Don't know re you; but lately been feeling pretty w/b; sad, fatgd, exhstd, w/b. I see so much pain; wears on me. I know ppl: dying slow/painful dth, & all fam can do, watch hap; lost loved ones (prnt, spouse, chld, frnd), miss them; really sick, suffrng in pain; marg crumblng, on brink divrc; surrdd by violnc, live in fear; going thru crisis/faith, doubtng God's love; feel abandoned bec fam/frnds turning backs on them; just beaten down, crushed, stressed, lonely, sad, w/b. I doubt that any you going thru all these trbls all at once. But I'm sure all you have suffered painful life exprncs, and you know what it's like feel w/b.
- Know smthg: J does too. In vss right before, ppl callng J glutton/drnkrd simply for minstrng to hurting ppl. They made fun; tried kill; did kill; made fun while killing. And J came be Sav of a wrld that hates him. So yes, J knows what like to feel w/b.
- He uses pic/yoke. **Take my yoke upon you.** Know what yoke? Yoke: woodn crssbeam farmers put over neck/shldrs oxen. Connctd to plow behind; and oxen'd push forwrd w/all strngth vs yoke to pull plow, till field. I'm sure hard work, hvy burdn on shlders. To use diff pic, think carryng great big hvy bckpck, filled w/hvy supplies, weighng down on shlders. Hard carry, exhstng, yoke that leaves w/b.
- Well, whthr hlth concrns, dth loved ones, crmblng marg, crmblng frndshps, crisis/faith, stress, sadness, or hrtache of any kind that is weighing you down, where going find rest? Today, to you/me, evone who feels beaten down, J: **vs. 28.** So we can say w/hymnwrtr: MSFRGA. **Vs. 28.** I think this one most beautfl psgs in all Scrptr. It's really: invitnt fr J; he's invtng us to let him take that yoke, hvy bckpck of burdns, off our shlders, and give us some much-needed rest!
- I bet you know what like need rest? Smtms just need sleep (eyes can't stay open another min). Smtms just need sit down, take break fr work (when don't have 1 ounce/engry left in you). Smtms need vaca (got get away, see some scenery, have some fun). We all need rest! And God: one who inventd rest! After 6 days/creatn, restd on 7th; called it Sab Day (word means rest). And it's not as if God was tuckered out! But he was setting pattern for us: first work, then rest. So God commndd his ppl, on Sab, take break, get rest: phys rest fr labor (yes, of course); but also sprtl rest, time spent in GW & worship – rest for body & for soul! J: **vs. 29ac.** And Ps 62, which sang earlier, which basis of hymn just sang and title of this sermon: **“Truly my soul finds rest in God; my salvtn comes from him. Yes, my soul, find rest in God. Truly he is my rock and my salvtn” (1,5,6).** MSFRGA!
- So when you feelng w/b, dump burdns on J. That's what invts/wants you do, so can find true sprtl rest. And it can be burdn of hrtache/pain; or can be burden of sin/guilt. Can be burden knowng that sinful culture in which you live, and sinful nature which lives in you, have freqntly gotten best/you & brought out worst/you. Burden knowng you've said/done things: contry faith/values as Xian, contry God's will for your life, contry to kind/prsn you want be. Burden realizng you've behvd like citizen/wrld, not as citizen/kingdm/God or chld/God. We disappnt Lord & selves when say/think/do evil – and that's heavy burden for our souls bear! And we all know the weight! So where can we find peace/rest for souls? J: **vs. 28.** MSFRGA, bec J has taken that heaviest bckpck sin/guilt off your shlders, & thrown his shlders; carried your evil to cross, & crucfd it there; unlatchd you fr that yoke crushng down on you. And he forgives you, for evthng! And proms you rest for soul, here earth, and best rest of all: etrnal rest, w/J forever in hvn. MSFRGA!
- **Vs. 29a, 30.** So not only does J take off our old yoke/sin; also replaces w/new yoke, his yoke. So what is this yoke/J, & why want wear it? Thght yoke was burden. No, yoke/J is yoke/discplshp. Good thing! Discplshp means follwng/belvng in J as his disc; and disc is stdnt/tr, smone who learns fr instrctr. So as follwrs/bels/J, we: his discs/stdnts; J wants us learn fr him. Why says: **vs. 29a.** So wearing this yoke/discplshp means sitting at J's feet, as a stdnt, listning Word, devourng evthng he has say, bec J's Word/Gos is what gives us sprtl rest. Means coming ch faithfully, making that top priority for entire life. Means studying Word in a Bible class or reading Word in home w/fam. That is dscplshp. And what a blessing/privldg is: be disc/J, learn fr him!

- **Vs. 29a,b.** Nowhere is that more evident than at cross. **“As sheep before its shearers is silent”** says Isa (53:7), J willingly, w/o resistance allowed self suffer terrible evil at hand/men, in order redeem us. J humbly submit to Fr’s will, out of unfathomable love for you/me. And that’s what wants you know/learn – because more you know/believe this, the more **vs. 29c.**
- But not everybody gets it. At beg/psg, J: **vs. 25-26.** These “wise/learned” ppl: too smart for J; think know better than he does; follow own logic, make selves the god they trust in; self-sufficient. Little children on other hand (which, by way: nothing do w/age) realize not self-sufficient; do need J. Trust/J w/childlike faith (humble, honest, sincere, unquesting); they understand kingdom/God, because God reveals it to them through HS! You/I: these little children, no matter how old, if trust/J w/childlike faith. **“Unless you change and become like little children, you will never enter kingdom/heaven” (Mt 18:3).** J loves to call Christians lowly ppl – like in Beattitudes; blessed: poor in spirit, meek, merciful. Here, we: the little children.
- And that’s something we really need take to heart! We are God’s little children by faith. We have Fr who loves us, Br who died/rose for us. We need learn truly trust in J (w/simple, humble, confident, childlike faith), no matter challenges we face, no matter troubles we see around us – because J says **vs. 28.** Where you going find rest for weary soul when: surrounded by sickness/death; feel lonely/abandoned; when margin is crumbling and friendships falling apart; when feel guilt/sins; when heart is broken and just feel beaten down, w/b – where going find rest?
- *“My soul finds rest in God alone, my rock and my salvation; a fortress strong against my foes, and I will not be shaken” (CW 818:1).* **“Truly my soul finds rest in God; my salvation comes from him. Yes, my soul, find rest in God. Truly he is my rock and my salvation” (Ps 62:1,5,6).** Whatever heavy backpack you’re carrying, whatever burdensome yoke you’re bearing, today J: **vs. 28.** I forgive you, I love you, I care for you, I have saved you, I am w/you, I will guide you, I will never leave you, I will always be there for you. Want proof? Look: at cross, empty tomb, baptismal cert. I am committed to you forever. **Vs. 29.** MSFRGA.

Matthew 11:25-30

²⁵ At that time Jesus said, “I praise you, Father, Lord of heaven and earth, because you have hidden these things from the wise and learned, and revealed them to little children. ²⁶ Yes, Father, for this is what you were pleased to do.

²⁷ “All things have been committed to me by my Father. No one knows the Son except the Father, and no one knows the Father except the Son and those to whom the Son chooses to reveal him.

²⁸ “Come to me, all you who are weary and burdened, and I will give you rest. ²⁹ Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. ³⁰ For my yoke is easy and my burden is light.”