

## **An Invitation to Rest from Striving**

At that time Jesus declared, “I thank you, Father, Lord of heaven and earth, that you have hidden these things from the wise and understanding and revealed them to little children;<sup>26</sup> yes, Father, for such was your gracious will. <sup>27</sup> All things have been handed over to me by my Father, and no one knows the Son except the Father, and no one knows the Father except the Son and anyone to whom the Son chooses to reveal him. <sup>28</sup> *Come to me, all who labor and are heavy laden, and I will give you rest. <sup>29</sup> Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. <sup>30</sup> For my yoke is easy, and my burden is light.*”

Matthew 11:25-30

“The first ten chapters of Matthew are, in general, a series of testimonies that prove who Jesus is. Matthew marshals all of that evidence in the courtroom, as it were, to testify that Jesus is the Christ, the King of kings, the Son of God, and the Savior of the world.”<sup>1</sup>

“Are you the Expected One, or shall we look for someone else?” – Matthew 11:2.

### **Jesus, Our Gracious Master, Invites us to Receive His Rest.**

#### **The Invitation to “Sabbath”**

*Come to me, all who labor and are heavy laden, and I will give you rest. <sup>29</sup> Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. <sup>30</sup> For my yoke is easy, and my burden is light.*”

- 1. The invitation is for everyone.**
- 2. The invitation is to those who know their need.**

For we do not have a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tempted as we are, yet without sin.

Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need. – Hebrews 4:15-16

- 3. The invitation is to give everything to Jesus.**

- 4. The invitation is to become a disciple.**

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<sup>1</sup> John MacArthur

“Jesus is the only rest you or any other poor, struggling, burdened soul will ever need. You may be laboring onward like Pilgrim, distressed at the burden on your back. No earthly master will lift that burden. Many will add to it. The majority will ignore it because they have burdens of their own. You need Jesus. He is the only one who can actually help you.”<sup>2</sup>

Therefore, while the promise of entering his rest still stands, let us fear lest any of you should seem to have failed to reach it. <sup>2</sup> For good news came to us just as to them, but the message they heard did not benefit them, because they were not united by faith with those who listened. <sup>3</sup> For we who have believed enter that rest, as he has said,

“As I swore in my wrath,  
‘They shall not enter my rest,’”

although his works were finished from the foundation of the world. <sup>4</sup> For he has somewhere spoken of the seventh day in this way: “And God rested on the seventh day from all his works.” <sup>5</sup> And again in this passage he said,

“They shall not enter my rest.”

<sup>6</sup> Since therefore it remains for some to enter it, and those who formerly received the good news failed to enter because of disobedience, <sup>7</sup> again he appoints a certain day, “Today,” saying through David so long afterward, in the words already quoted,

“Today, if you hear his voice,  
do not harden your hearts.”

<sup>8</sup> For if Joshua had given them rest, God would not have spoken of another day later on. <sup>9</sup> So then, there remains a Sabbath rest for the people of God, <sup>10</sup> for whoever has entered God's rest has also rested from his works as God did from his.

<sup>11</sup> Let us therefore strive to enter that rest, so that no one may fall by the same sort of disobedience. – Hebrews 4:1-11

### **What is the Sabbath, Really?**

“For if Joshua had given them rest, God would not have spoken of another day later on. So then, there remains a Sabbath rest for the people of God, for whoever has entered God's rest has also rested from his works as God did from his.” – Hebrews 4:8-

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*At that time Jesus went through the grainfields on the Sabbath. His disciples were hungry, and they began to pluck heads of grain and to eat. <sup>2</sup> But when the Pharisees saw it, they said to him, “Look, your disciples are doing what is not lawful to do on the*

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<sup>2</sup> James Montgomery Boice

*Sabbath.”<sup>3</sup> He said to them, “Have you not read what David did when he was hungry, and those who were with him:<sup>4</sup> how he entered the house of God and ate the bread of the Presence, which it was not lawful for him to eat nor for those who were with him, but only for the priests?<sup>5</sup> Or have you not read in the Law how on the Sabbath the priests in the temple profane the Sabbath and are guiltless?<sup>6</sup> I tell you, something greater than the temple is here.<sup>7</sup> And if you had known what this means, ‘I desire mercy, and not sacrifice,’ you would not have condemned the guiltless.<sup>8</sup> For the Son of Man is lord of the Sabbath.”*

*<sup>9</sup> He went on from there and entered their synagogue.<sup>10</sup> And a man was there with a withered hand. And they asked him, “Is it lawful to heal on the Sabbath?”—so that they might accuse him.<sup>11</sup> He said to them, “Which one of you who has a sheep, if it falls into a pit on the Sabbath, will not take hold of it and lift it out?<sup>12</sup> Of how much more value is a man than a sheep! So it is lawful to do good on the Sabbath.”<sup>13</sup> Then he said to the man, “Stretch out your hand.” And the man stretched it out, and it was restored, healthy like the other.<sup>14</sup> But the Pharisees went out and conspired against him, how to destroy him. – Matthew 12:1-14*

### **Christmas and Sabbath**