

Mark 6:31: And he [Jesus] said unto them [the disciples], "Come ye yourselves apart into a desert place, and rest a while": for there were many [people] coming and going, and they had no leisure [time] so much as to eat.

Matthew 11:28-30: Come unto me [Jesus], all ye that labour and are heavy laden, and I will give you rest. Take my yoke¹ 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.

1. Introduction

- a. Some days you have hard physical labor
- b. Other days you have great burdens to bear (responsibility, illness, stress, etc)
- c. How do you stay in God's rest? Learn these 3 secrets.

2. Stay in the Way of the Lord

a. The invitation

- Come to Jesus personally
- All those who labor
- All those heavy laden (weighed down) with burdens

b. The incentive

- Jesus speaking, "I will give you rest"
- Psalm 37:7 – Rest in the Lord & wait patiently for Him
- Psalm 46:10 – Be still & know that He is God

3. Stay in the Work of the Lord.

a. The definition

- Yoke is bar of wood going across shoulders of 2 animals to pull together
- Yoked together (tied together) with Jesus, close to Him in your labor
- Jesus shares the load
- Jesus wants us to work together with Him

¹ A **yoke** is a wooden beam normally used between two animals to enable them to pull together so that they share a load.

b. The declaration

- 1 Corinthians 3:7-9 – God gives the increase, and we are laborers together with God
- 1 Peter 5:6-7 – give all your worries to God
- 1 Corinthians 10:12-13 – God is faithful that your temptations will not overwhelm you

4. Stay in the Word of the Lord

a. Learn through His instruction (“learn of Me”)

- Proverbs 23:12 – apply your heart to instruction

b. Learn through your involvement

- James 1:21-22 – receive the engrafted² Word, and be doers of the Word of God

² To engraft means to carefully tie a branch from one plant in place of a branch from another plant. The foreign branch becomes part of new plant in order to 1) get its nourishment from the new plant, and 2) produce fruit from the original plant. For example, and walnut tree might have an almond branch engrafted in place of one of the walnut branches. The tree will then produce mostly walnuts, but will produce almonds from the new branch.