

# “Jesus’ Invitation – Come to Me and Rest”

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Come to Me and Rest - Matthew 11:28 - 123RF Image - Used under license

***"Come to me, all who labor and are heavy laden, and I will give you rest. 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. For my yoke is easy, and my burden is light." (Matthew 11:28-30)***

This lesson explains Jesus' invitation in Matthew 11:28, "Come to me, all who labor and are heavy laden, and I will give you rest."

This lesson is the third in a series on God's Invitations in the Bible, specifically, the "Comes" of God's word. The first lesson in the series is

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"Come Now, Let Us Reason Together (Isaiah 1:18)" (Ref. 1). The second lesson is "Come to the Waters (Isaiah 55:1)" (Ref. 2).

**Consider.** What heavy burden is weighing you down today?

## **Come to me, all who labor and are heavy laden**

If you are weary (literally, exhausted from labor), then Jesus' invitation is for you (Ref. 3). If you are weighted down with a heavy burden such as worry, sin, or sorrow, then Jesus' invitation is for you. To receive the rest that Jesus promises, please accept his invitation and come to him in faith.

Jesus who says "Come to me, all who labor and are heavy laden" is the same God who says "Come, everyone who thirsts" (Isaiah 55:1) and "Come now, let us reason together" (Isaiah 1:18). Jesus also says, "All that the Father gives me will come to me, and whoever comes to me I will never cast out" (John 6:37).

## **I will give you rest**

Jesus himself is the Rest Giver (Ref. 4). Jesus can dispel your fear and give you peace (John 14:27). Jesus forgives our sin (1 John 1:9) and gives us a clean conscience (Hebrews 10:22). When you come to Jesus, he will give you that rest.

## **Take my yoke upon you, and learn from me**



Yoked Oxen Pulling a Loaded Cart - 123RF Image

HELPS Word-studies defines a yoke as *a wooden bar placed over the neck of a pair of animals so they can pull together* (see illustration). *Figuratively, a yoke is what unites (joins) two people to move (work) together as one* (Ref. 5).

Notice that in Matthew 11:28-29 Jesus gives us a two-part summons. Our response to both parts is needed for a full Christian life. In the first part (as we discussed above), Jesus invites us to come to him for pardon, refreshment, and rest. In the second part, Jesus asks us to take on his yoke -- to submit our will to him, to learn from him, to obey him, to serve him, and to become like him (Ref. 4).

Coming to Jesus is not just a one-time experience -- it is for a lifetime. Coming to Jesus includes willingly taking on the yoke of Jesus by learning from him and serving him the rest of our lives in an ongoing relationship. Are you willing to submit to his yoke?

### **You will find rest for your souls**

Jesus promises that when we take his yoke upon us by accepting his teaching and by serving him that we will find rest for our souls. The Greek word here for *rest* means *inner rest (tranquility)* (Ref. 6). Jesus quotes the prophet Jeremiah, "Thus says the Lord: 'Stand by the roads, and look, and ask for the ancient paths, where the good way is; and walk in it, and find rest for your souls'" (Jeremiah 6:16).

### **My yoke is easy, and my burden is light**

Jesus contrasts his yoke to the heavy burden of minute legal observances that the scribes and Pharisees of that time put on the shoulders of the Jewish people (Matthew 23:1-4, Acts 15:10, Ref. 7). In contrast, Jesus says that "my yoke" (literally, the yoke of Me) "is easy" (gentle, pleasant, kind) "and my burden" (literally, the burden of Me) "is light" (of little weight and easily carried) (Ref. 8, Ref. 9, Ref. 10).

#### **Key Questions.**

- Are you willing to come to Jesus to receive the rest that he offers?
- Will you accept his yoke upon you?

(continued next page)

*Apply.* In prayer, give your heavy burden to Jesus. Receive from him the rest that he promises. Submit your will to him, and willingly receive his yoke of instruction. Serve Jesus gladly, joyfully yoked with him in an ongoing relationship.

### **Related Lessons**

"Our Burden-Bearing God (Psalm 68:19)"

"Come to the Waters (Isaiah 55:1)"

"Come Now, Let Us Reason Together (Isaiah 1:18)"

### **References**

1. <http://www.scriptureway.com/home/come-now-let-us-reason-together-isaiah-118>
2. "Come to the Waters (Isaiah 55:1)" at the link below:  
<http://www.scriptureway.com/home/gods-great-invitation-come-satisfy-your-thirst>
3. <https://biblehub.com/greek/2872.htm>
4. <https://biblehub.com/commentaries/maclaren/matthew/11.htm>
5. <https://biblehub.com/greek/2218.htm>
6. <https://biblehub.com/greek/372.htm>
7. <https://biblehub.com/commentaries/pulpit/matthew/11.htm>
8. <https://biblehub.com/interlinear/matthew/11-30.htm>
9. <https://biblehub.com/greek/5543.htm>
10. <https://biblehub.com/greek/1645.htm>