

## HOW TO GAIN RELIEF FROM WEARINESS:

MATTHEW 11:28-30

By Dr. Paul R. Shockley

Promise # 1

Possible Scripture readings in association with this promise:  
Psalm 42; Psalm 57; Matthew 23:1-12; Mark 12:34-36; Hebrews.

### I. INTRODUCTION:

- A. Are you drained? Encumbered? Are you loaded, weighted down? Are you longing for relief? You ask yourself whether your life will ever get better. You wonder if this is what life will look like till you die. You look at others and they seem to have it so easy. *“God, where is the relief?”*
- B. Consider the following words from Jesus Christ in Matthew 11:28-30:
- Come to Me, all *you* who weary 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.**
- C. Does this promise resonate with you?

### II. EXPOSITION:

- A. A Closer look at some key words from verse 28:
1. Weary
  2. Heavy-laden
  3. Rest
  4. Come
  5. All
- B. Notice, “Come to Me.”
- C. Are you experiencing Jesus’ rest? If not, why? Are you distant from God?
- D. Are there conditions to experiencing His “rest”?
- 1.
  - 2.
  - 3.

E. A closer look at some key words in verses 29-30:

1. Yoke
2. Learn
3. Gentle
4. Lowly
5. Heart
6. Souls
7. Burden
8. Light

<b>III. HOW SHOULD WE THEN LIVE?</b>
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- A. If the load you are carrying is overwhelming, staggering, and suffocating, could it possibly be that you are serving another master?
  
- B. With what or whom is your identity?
  
- C. Are you embittered because of the tragedies of this world?
  
- D. Perhaps you are weighted down by sin? Too much water beneath the bridge? You want to change, but you feel it is too late?

<b>IV. ADDITIONAL NOTES:</b>
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