

Daily Devotions

Day 1: The Invitation to Come

Reading: Matthew 11:28-30

Jesus doesn't wait for you to get your life together before inviting you to come. He sees your weariness—the exhaustion from trying to hold everything together, the weight of expectations, the burden of sin. His invitation is simple: "Come to Me." Not "work harder" or "fix yourself first," but simply "come." Today, acknowledge the areas where you're carrying burdens you were never meant to bear. Jesus isn't asking you to impress Him with your strength. He's offering to exchange your crushing load for His custom-designed yoke. What would it look like to actually accept His invitation today? Stop striving and start trusting. Bring your weariness to the only One who can truly give you rest.

Day 2: The Burden of Sin

Reading: Psalm 38:1-8; 1 Peter 2:24

The psalmist describes guilt as "a burden too heavy to bear." Sin doesn't just affect our relationship with God—it exhausts our souls. There's a unique weariness that comes from living apart from God's design, carrying shame, hiding failures, and pretending everything is fine. But Jesus is the great sin-bearer. On the cross, He personally carried what was crushing you. The weight you've been dragging doesn't have to define your tomorrow. Confession isn't about earning forgiveness; it's about receiving the freedom Jesus already purchased. Today, name the burdens of sin you're carrying. Bring them to the cross. Experience what countless believers describe: the feeling of a weight lifted off your shoulders. By His wounds, you are healed.

Day 3: Trading Yokes

Reading: Matthew 23:1-4; Galatians 5:1

Jesus contrasts two kinds of burdens: the crushing religious demands that exhaust us and His easy yoke that fits perfectly. Taking Jesus' yoke means becoming His disciple, placing your life under His loving leadership. Here's the truth: you're already wearing a yoke. The question is whose? Are you straining under others' expectations, cultural pressures, or self-imposed standards of perfection? Jesus offers something radically different—a burden designed specifically for you, fitted to your frame, matching your strengths and needs. His yoke is "easy" not because it requires

nothing, but because it's the life you were created for. Today, identify what yokes you're wearing that Jesus never gave you. Ask Him to show you what needs to be released so you can take up His perfectly fitted burden.

Day 4: The Gentle and Humble King

Reading: John 4:1-26; Luke 7:36-50

The Creator of the universe describes His own heart as "humble and gentle." This isn't weakness—it's strength under perfect control. Jesus doesn't shame the weary or push away the broken. Throughout the Gospels, we see Him offering rest: forgiving the paralyzed, calming fearful disciples, welcoming the sinful woman, engaging the lonely Samaritan. His gentleness draws us in when our failures would drive us away. His humility makes Him approachable when we feel unworthy. Whatever you're struggling with today—doubt, failure, fear, loneliness—Jesus meets you there with tender strength. He doesn't stand at a distance demanding you clean up first. He kneels beside you, ready to help. Let His gentle, humble heart encourage you to approach Him honestly today with whatever weighs you down.

Day 5: Aligning Your Circle with His

Reading: Proverbs 3:5-6; Romans 12:1-2

Much of our stress comes from trying to live two agendas simultaneously—God's will in one circle, our plans in another. The exhaustion emerges when these circles don't align, when we say "Yes, Lord, but..." True rest comes when those circles merge, when His will becomes ours. This isn't passive resignation; it's active trust. It means waking each morning caring supremely about one thing: pleasing God and bringing Him glory. Surrendering control feels risky until you realize you're releasing burdens to Someone infinitely more capable. You're trading the impossible task of pleasing everyone for the joy of pleasing the One who loves you most. Today, identify where your will and God's will are in tension. Pray for the courage to bring those circles together. Experience the freedom of living one unified life under His gentle lordship.

Deacons on Call

Josh Bell and David Downs

Welcome

WE'RE SO GLAD YOU'RE HERE!

TODAY'S MESSAGE

Rest

Matthew 11:28-30

Verses we all need to Memorize

“I am the vine; you are the branches. Whoever abides in me and I in him, he it is that bears much fruit, for apart from me you can do nothing.” JOHN 15:5 ESV

JULY 19, 2026

Rest

Matthew 11:28-30

Jesus extends an invitation to all who are weary and burdened, promising rest for our souls. This rest comes not from inactivity, but from placing ourselves under His gentle leadership and allowing Him to carry what we were never meant to bear alone.

1. Jesus gives us an _____.

a. Jesus invites the _____.

b. Jesus invites the _____.

2. Jesus gives us _____.

a. Jesus asks for _____.

b. No Christian fully experiences peace while fighting against the _____.

3. Jesus gives us an _____.

Discussion Questions

1. When you hear the word "rest," what's the first image or feeling that comes to mind? What does true rest look like to you?
2. Read **Matthew 11:28-30**. Is there anything from the sermon you would like to discuss?
3. One of the most common responses to "How are you doing?" is "I'm tired." What makes you most tired right now—physically, emotionally, or spiritually?
4. Jesus invites those who are "weary"—completely worn out from striving and carrying burdens. How does this invitation differ from the world's message of "try harder" or "work harder"?
5. Sin itself creates weariness (Psalm 38:4). How have you experienced the exhausting nature of sin in your own life or observed it in others?
6. Jesus also invites those carrying "heavy burdens" placed on them by others. What unrealistic expectations or demands have left you feeling burned out? Where did these expectations come from?
7. What does it mean practically to "take Jesus' yoke upon you" in your daily life? How is this different from the burdens you currently carry?
8. Stress is the gap between what God wants for our lives and our own ambitions. Where do you see these "two circles" not lining up in your life right now?
9. Jesus describes Himself as "gentle and humble at heart." How does this description of Jesus' character encourage you when you're struggling or weary?
10. What would change in your daily life if you truly cared about only one thing: pleasing God and bringing glory to His name?

Scripture References (In order of use): Psalm 28:4; John 1:29; 1 Peter 2:24; Matthew 23:2-4

Reference Works: Commentary on the Gospel according to Matthew (Archibald T. Robertson); The Gospel of Matthew, Volume 1 (William Barclay); Matthew (Stuart Weber); Expository Notes on the Gospel of Matthew (H. A. Ironside)



**The tactics that Jesus taught were simple—
get saved and go home.**