LABOR DAY: NOT JUST A DAY OFF  
MATTHEW 11:28-30 / 9-6-20 / SUN

I. FIRST, WE SEE THE PROBLEMS.

A. Jesus acknowledges in this passage that we all have problems and burdens—v.28 “All you that labor and are heavy laden.”

B. Since mid-March we’ve all been sharing the same problems—Covid-19, Racial Unrest, and Financial challenges.

C. Add to these some other burdens we either had before, or since the coronavirus.

II. SECOND, WE SEE THE PROMISE.

A. Jesus’ invitation is to receive his promise to help us with our problems—v. 28 “Come to me….and I will give you rest.”

1. The word “rest” means “an intermission”, “a respite” or even a “vacation.”

2. This isn’t an invitation to an easy or problem free life since Jesus confirms this in John 16:33 “In this life you will have trouble”.

3. Instead, Jesus promises to be with us in our troubles—v. 29 “You will find rest for your souls.”

B. How can we find rest? Rest is found in Jesus promise to be with us in all our troubles—v. 29 “Take my yoke is on you”.

III. THIRD, THERE ARE THE PREREQUISITES FOR JESUS’ PROMISE.

A. The first prerequisite or condition is to come to Jesus—v.28 “Come unto me.”

B. The second condition is to yield to his authority— “v.29 “take my yoke upon you.”

C. The third condition is to learn from him—v.29 “And learn of me”.