

The Invitation of Jesus To A Stressed Out World

Matthew 11:28-30

I. INTRODUCTION-

- a. The term “stress” as a medical condition...was first used in the 1920s.
- b. Since then...stress has become a prominent diagnosis in the world of modern medical.
- c. According to those who know...here is how stress works.
- d. When you are threatened with danger... when you are faced with a sudden or an unanticipated circumstance... when you are forced to deal with a pressurized or traumatic situation... your body responds to those situations.
- e. In stressful situations your body goes on “red alert”... your heart beats faster... your blood pressure increases... adrenaline begins to flow... your body, mind and emotions prime themselves for action.
- f. In the short term none of these reactions are bad... they were designed by God to help us to react and deal with stressful situations.
- g. The problem is... our bodies are not built to sustain these responses for long periods of time... our bodies are not built to be stuck in “red alert, stress response” mode.
- h. The inability to free oneself from “stress response” mode... even when the stressful situation is over...adversely affects a person’s health.
- i. On-going stress... reduces a person’s resistance to sickness and disease ...it adversely affects a person’s body, mind, spirit... their ability to cope with life... and their relationships.

- j. Doctors say that many of the people coming to their offices today... are suffering from diseases and conditions that are either directly caused by... or aggravated by... on-going stress.
- k. Stress... and all of the problems caused by stress...has become a modern crisis in our world.
- l. The truth is the world we live in is a stressful world... and it is not going to change... and it is not going to get better anytime soon.
- m. Learning how to manage our lives and learning how to deal with stress... in a healthy way... in the right way... in the way that God would have us to... is what our current series of sermons is about.
- n. Learning how to overcome stress in a stress filled world... begins with knowing God... having a relationship with God... connecting with God... through faith in the Son that He sent to save us from a lost, wasted, and empty life...the Lord Jesus Christ.

II. JESUS' INVITATION TO A STRESSED OUT WORLD-

- a. In Matthew 11:28-30... Jesus issued a beautiful invitation to the stressed out people of His day... and the stressed out people of today.
- b. *Matthew 11:28-30 (NKJV) "Come to Me, all you 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."*
- c. When Jesus looked at the people of His day... beyond their doubts, beyond their questions... beyond their sin.
- d. He saw a weary, worn out, burned out, stressed out people... who were searching for meaning ... purpose ... and hope in life.
- e. With love and compassion in His heart for those who were lost... Jesus stood up in the midst of the people of His day... and with

outstretched arms... He said to them... “Come to Me...and I will give you rest... come to Me... and you will find what you are looking for.”

- f. What Jesus said to that generation... is the same invitation that He offers to the weary, worn out and stressed out generation of today.
- g. To the weary... to the worn... to the beat up... to the lost... to those in bondage... to those who are searching... to the empty... to the hungry ... to the thirsty... to the stressed out world we are living in today ... Jesus says... “Come to Me... and you will find rest.”

III. THIS IS AN INVITATION TO ALL-

- a. This is an invitation... that is offered to all who are oppressed and beat up by sin ... to all who are stressed out ... by the routine and monotony of life, by overwork, responsibility, anxiety, headache, tension, and all the rest.
- b. This invitation is addressed to the executive ... to the student ... to the businessman... to the laborer... to the salesman ... to the housewife ... to the farmer...to anyone who is weary and heavy laden.
- c. The lost life... the life without God... is a stressful life.
- d. This invitation of Jesus... is first... an invitation to be saved from a lost life and lost eternity.
- e. This is an invitation to receive the spiritual rest that Jesus gives to those who believe in Him ... to those who turn to Him... to those who trust in Him... to those who receive Him as their Lord and Savior.
- f. Jesus invites all those who are laboring and heavy laden in life... to come to Him and find rest.
- g. The word translated “labor”... was used in ancient times of those... who had worked so hard ... that they were fainting from weariness.
- h. The word translated “heavy laden”... had the idea of someone ... carrying a heavy burden.

- i. In this passage...Jesus used the words “labor” and “heavy laden”... to describe the lost life... the life without Christ.
- j. The life lived without God ... without Christ... without meaning... without purpose... without hope...is a life of labor... it is a life of bondage.
- k. The life lived without Christ... is a life lived under the burden of guilt, shame and fear... this is true even for those who are rich and famous.
- l. Many lost people would deny that these words describe their life... many lost people would declare that they are getting along just fine without God... and maybe they are... for the moment.
- m. The Prodigal Son got along fine without God for a while... but then he ended up in the pigpen... and the pigpen of a life of regret, guilt and shame is where every lost person is headed.
- n. This is God’s world... no person can live a life of rebellion against God... no person can reject Christ... and not pay a price in this world... and in the next unless... they repent.
- o. To those who are beat up by life... to those who are living in bondage ... to those who are living under the burden of guilt and shame ... to those who have lost hope... to those who are searching for meaning and purpose... to all those who are laboring under the heavy burden of a lost life.
- p. Jesus says “Come to Me and I will give you rest”... come to Me and I will save you... come to Me and I will cleanse you... come to Me and I will lift those burdens... come to Me and I will set you free... come to Me and I will give you peace.
- q. The devil has convinced many lost people that they are not lost... he has convinced others that they are too lost to be saved... that they have done too many bad things to be saved... that they are beyond saving.

- r. But I have some good news for you... God's grace is greater than your sin... the Bible says that "whosoever will" can come and drink of the water of life freely... "whosoever will"...no exceptions... can come to Christ and be saved.
- s. If you think you are too bad to be saved...listen to Romans 10:11-12 (NKJV) *"For the Scripture says, "Whoever believes on Him will not be put to shame." 12... for the same Lord over all is rich to all who call upon Him. For "whoever calls on the name of the LORD shall be saved."*
- t. If you come to Christ in repentance and faith... if you call on Jesus to forgive you and saved you... He will... you will not know the shame of Him rejecting you.
- u. Notice that this invitation to be saved... is an invitation to come to Christ... "Come unto Me" Jesus said.
- v. The church is important in the Christian life... but the invitation to be saved is not an invitation to join a church...joining this church or any church will not save you... this church cannot save you... no church can save you... no denomination can save you.
- w. Only Jesus can save... and if you want to be saved from a life of bondage ...a life of burden...then you must come to Christ in repentance and in faith... and if you do... He will save you and give you rest and peace.

IV. THE REST JESUS CONTINUES TO GIVE-

- a. Does coming to Christ... end all of the stress that we face in this world?
- b. Some years ago... two minor league baseball teams were playing a double header... two games against each other back to back on the same day.

- c. Between the two games something interesting happened... each team traded for a player on the other team.
- d. That meant in the first game these players played for one team... but in the second game of the double header... they played for the other team.
- e. When interviewed after the games one of the of the traded players said ... “It was weird being traded... playing for one team in the first game ... and the other team in the second game... but it was even more weird when the manager of my former team ordered his pitcher... a friend of mine...a teammate of mine just an hour before... to hit me with a pitch... what was that about?”
- f. Something similar happens when a person comes to Christ... when a person gets saved... they change teams... they change managers... they change masters... they change kingdoms.
- g. One minute you are a member of Satan’s team... you are on his side ... you are a part of his kingdom... you may not have known it... you may not have believed it... but you were.
- h. But when you come to Christ and are saved... you change teams... you have a new Master... you have a new manager... you are a part of a different kingdom.
- i. *Colossians 1:13 (NLT2) “For God has rescued us from the kingdom of darkness and transferred us into the Kingdom of his dear Son.”*
- j. When you get saved...you get traded...and your old master... your old manager...and many of your old teammates...do not like it one bit.
- k. When you get saved... Satan will target you... he will begin throwing his fiery darts at you... and he will order many of your old teammates in the lost life to do the same.

- l. Satan knows that he cannot have you back... he knows that he cannot steal you from God... but he will do everything he can to see you fall and fail... to nullify you as a Christian.
- m. Don't think for one moment... that coming to Christ and receiving His wonderful salvation...ends all the stress you will face in this world... not at all.
- n. The Christian life is not a stress free life... on top of still living in a sinful and fallen world... Satan is out to get us to make us fall.
- o. But Christians need not despair or be afraid... our Master... the Lord Jesus... is stronger and greater than our old master... our new Master has already defeated the old one... our new team of our fellow Christians and the good angels of God...is greater than our old team ...and we can be assured...in the end...our new team is going to win.
- p. The Lord Jesus does not want believers to be overwhelmed and overcome by the stress we face in this world... our Lord wants us to live in victory... and in verses 29-30... Jesus tells us how to do that.
- q. #1, As a Christian... to live in victory over stress... you must daily take the "yoke" of Jesus upon you.
- r. What does that mean?... that means to daily submit and surrender yourself to the control and the Lordship of Jesus Christ over your life.
- s. The fallen world we live in never takes a day off... Satan never takes a day off... temptation never takes a day off... every day that we as believers live in this fallen world... we will face trials and troubles and the stress of living for Christ.
- t. But as we daily surrender control of our life to the Lordship of Christ ... as we daily surrender to His rule over all the areas of our lives... as we daily depend upon Jesus...will we as believers find rest for our soul and victory over stress.

- u. #2, As a Christian... to live in victory over stress... we must learn how to walk with Jesus.
- v. How did the first disciples learn from Jesus?... they walked with Him ... they spent time with Him... they learned who He was they learned to trust Him... they learned to believe in Him... they learned to love Him.
- w. Today when we walk with Jesus... when we daily spend time with Him in prayer... when we read His word... when we worship Him... He will give us comfort... strength... and victory in the storms and stress of life.
- x. #3, As a Christian... to live in victory over stress... we must trust that Jesus loves us... we must trust that He is on our side... we must trust that Jesus wants to help us to live in victory over stress
- y. Jesus does not want the Christian life to be so hard... He does not want the Christian life to be such a struggle... Jesus does not want His people to be stressed out in a stressed out world... Jesus wants His people to live in victory... He wants us to live in peace...and He will help us to do that... if we trust in Him.
- z. *Matthew 11:29-30 "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."*
- aa. Jesus knows how weak we are... Jesus knows how prone to sin we are... Jesus knows we need help... Jesus is not against us... He is for us.
- bb. Jesus is our Friend... He is our Helper... Jesus loves us... He wants us to live in victory... and if we believe in Him... if we trust in Him ... if we follow him... and if we love Him... in times of stress... and in this world... He will give us rest for our souls.

- cc. If you are His child... Jesus is not going to throw you away if you fail... He is not going to give up on you... He is not going to turn His back on you.
- dd. If you are His child... if you fail... He will pick you up... if you wander away from Him... He will go get you... listen child of God ... Jesus is not against you... He is for you.
- ee. Jesus is gentle... He is kind ... and He will help His people... His children... if we trust in Him.
- ff. Whatever stress in life you face... you can trust in Jesus your Savior and Lord... He will see you through.

V. CONCLUSION-

- a. To those who are beat up by life... to those who are living in bondage ... to those who are living under the burden of guilt and shame ... to those who have lost hope... to those who are searching for meaning and purpose... to all those who are laboring under the heavy burden of a lost life.
- b. Jesus says “Come to Me and I will give you rest”... come to Me and I will save you... come to Me and I will cleanse you... come to Me and I will lift those burdens... come to Me and I will set you free... come to Me and I will give you peace.
- c. Child of God... daily surrender to Jesus... walk with Jesus... trust in Jesus... He will give you victory over stress.
- d. Satan will try to use the stress of life to defeat the child of God... but when we trust in Jesus... He will give us victory.