



new life fellowship

**Sermon Title: A Way of Rest
Speaker: Andre Grey, Associate Pastor, New Life East
Scripture: Matthew 11:28-30**

²⁸ “Come to me, all you who are weary and burdened, and I will give you rest. ²⁹ Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. ³⁰ For my yoke is easy and my burden is light.”
(NIV)

Sermon Outline:

We live in a world that knows that it is like to feel tired, exhausted and in need of rest.

The great exhaustion that we are all facing, the restlessness that we are all dealing with is not simply a fatigue in our bodies. This exhaustion that we are collectively feeling is an absence of peace within our souls that cannot be remedied by a good night's sleep or a vacation.

True rest cannot be found where Jesus is not present.

Rest is a life with God that enables us to be at peace in all of life's circumstances.

Whether we choose to realize it or not our souls are severely exhausted. This exhaustion has less to do with striving and has much more to do with us choosing to strive from a place of depletion and exhaustion.

In today's scripture we see Jesus taking a moment to look at the crowd around him and sees how they are suffering from all sorts of ailments, oppression, and realities. They are exhausted because they have been working and doing things on their own and weighed down by the burdens of their lives. Jesus offers them compassion and love and invites them to come to him.

The way of rest is not the way of striving, it is receiving. The work that needs to be done cannot be done by us because it has already been done by Jesus. The invitation for us from God is to come to Him. God has already done the work – in Jesus we find all that we need for the rest we so desperately desire.

Jesus is also telling us to give him our burdens and inviting us to take on his yoke. Jesus' yoke is freedom, and he can handle whatever is weighing you down right now.

God's Invitation to Rest is Available to Us.

The way of rest is a life with God. When we have a life with God peace abounds in our life, no matter what is happening or how much weight we are carrying.

God does not intend to leave us in a place of exhaustion, but he has been walking with us all along. God is looking at us and inviting us to come to him. God invitation to rest is available to us.

How can we find a life with God and rest in him?

- Sabbath
- Contemplative Prayer
- Unhurried Reading of Scripture
- Regular Rhythms of Soul Care

To live a life of rest does not mean that we will be free from pain and suffering but does mean that we have a life where God is at the center, and where we can find peace and rest for our souls.

Sermon Summary:

This Sunday, Andre Grey, Associate Pastor of New Life East, leads us in a sermon on The Way of Rest. Today Pastor Andre explores how the rest we all need is found from a good night's sleep or a vacation but from a life with God.

Sermon Questions:

1. Do you feel an invitation from Christ in today's scripture passage? Do any of the words resonate with you? If so, why?
2. Have you been living your life from a place of striving and feeling depleted, like you have nothing left to give? How does it make you feel when you hear that true rest is found in a life with God and not in a good night's sleep or a vacation away from your work? Make time this week to journal your answers to these questions, offering up your thoughts to God.
3. To find true rest in God, we need to cultivate the spiritual disciplines listed below. Are you presently practicing any of these disciplines? If so, is there another spiritual discipline that you can begin practicing this week? If you are not practicing any of these disciplines, take time this week to see how you can begin to implement at least one of these practices into your day.
 - Sabbath: know that God loves you even when you are not doing anything.
 - Contemplative Prayer: slowing down to be introspective and present with God
 - Unhurried Reading of Scripture: taking time to read Scripture is vital to what it means to cultivate a life with God
 - Regular Rhythms of Soul Care: attending one of our Emotionally Healthy Discipleship courses, meeting with a therapist or joining a small group.