

May 17

“Rest”

Matthew 11:28–30

Sermon:

“Thou hast made us for thyself, O Lord, and our heart is restless until it finds its rest in thee.”

Augustine

Our heart is restless until it finds rest in Christ.

Then Jesus said, “Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. For my yoke is easy to bear, and the burden I give you is light.”

Matthew 11:28-30

Come to me, all of you who are weary and carry heavy burdens.

The quality of our work becomes the measure of our worth.

Everything is wearisome beyond description. No matter how much we see, we are never satisfied. No matter how much we hear, we are not content.

Ecclesiastes 1:8

Jesus says “I will give you rest.”

Rest – to cease striving, pause and be refreshed in God’s presence.

Take My yoke upon you.

The yoke we are under determines our quality of our rest.

“Define yourself radically as one beloved by God. This is the true self. Every other identity is illusion.”

What am I yoked to? What robs me of rest?

Practice the pauses

Rejoice in the ordinary

"God is making possibilities. He makes things possible and He is making the world come alive. We can come alive as a church to be better followers of God. He is helping us overcome any

fears that we have during this quarantine. He loves us so much and He has all the power to help us be overcomers. He has already overcome and there is nothing we can ever do to repay what God has done for us."

Ava – 4th Grade