

JON'S SERMON OUTLINE...

HOW TO FIND REST

²⁸ Come to Me, all you who labor and are heavy laden, and I will give you rest. ²⁹ 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. ³⁰ For My yoke is easy and My burden is light." Matthew 11:28-30

Introduction: More than just a day off from work, Labor Day recognizes the millions of Americans who make up our nation's work force. While it is great to get a little break and relax, have you ever wondered why we work in the first place? I understand we have bills to pay and we have to provide for our families, but there's a spiritual reason for labor. The work Adam did while tending to the garden (Genesis 2:15) turned into labor after Adam's sin, as the ground brought forth weeds and Adam worked by the sweat of his brow (Genesis 3:19). Maybe that doesn't characterize our physical exertion in the era of modern conveniences that have made things a little easier. In fact, most of us will get some rest due to the Labor Day holiday. But, that rest will not come for many people and the burdens of life will not be lifted. So, it's time for us to consider the invitation to rest given by Jesus in Scripture.

1. COME TO THE RIGHT _____:
 - a. People seek help from outside pleasures (Ecclesiastes 2:24-25).
 - b. People seek help from other persons.
 - c. People set their eyes on Jesus and endure (Hebrews 12:2).
2. CONSIDER THE RIGHT _____:
 - a. Those burdened by sin (Ezekiel 18:20).
 - b. Those burdened with guilt (1 John 4:10).
 - c. Those burdened with worries and doubts (Philippians 4:6-7).
3. COUNT ON THE RIGHT _____:
 - a. A lighter load (Matthew 11:30).
 - b. The blessing of forgiveness (1 John 1:9).
 - c. Release from worries and doubts (Romans 8:28).
 - d. The assurance of eternal life (1 John 5:13).

CONCLUSION: Have you found rest for your soul?

Answers: 1. Person 2. People 3. Promise