

## **Introduction**

1. God created mankind as spiritual beings made in His image. At one time Adam communed with God in the Garden of Eden and all was in harmony for the world and man. However in Genesis 3 Adam sinned and fell from grace dying spiritually.
2. Each one us was made to commune with God but sin separates us from what our heart needs. We are driven to satisfy that hunger and as long as we apart from God we will never be satisfied.
3. But God being rich in mercy because of His love (Ephesians 2:1-5) sent Jesus to bring us back from being dead in sin to being alive with Christ. God understands our every need and Jesus is inviting us to come and find life and peace...

## **I. The Invitation To Come**

### **a. Finding Rest With Jesus – v28**

- i. What does this mean to the individual? It does not mean God keeps us from hard work but rather an invitation to those who are exhausted and heavy burdened
- ii. What causes us to become exhausted?
  1. Spiritually – living by man-made religious laws and vain rituals so that after your efforts are exhausted you still have no peace and joy
  2. Physically – neglect or being too busy we fall apart, pushing too hard
  3. Emotionally – When we do all the right things and still the stresses leave us burned out

## **II. Invitation To Take**

### **a. Taking The Yoke Of Jesus – v29**

- i. Yokes were built to fit each individual Oxen perfectly so that he could work longer and do more without the extra burden
- ii. It is Christ's yoke that is made perfectly for each one us individually
- iii. The yoke of Jesus is easy does not mean no sacrifice but rather that His yoke is well-fitting (actual meaning of the Greek word) What does well-fitting mean?
  1. It means Christ's yoke is tailored to our lives and needs and that in His kingdom every aspect of our lives fits our physical, emotional and spiritual needs. It satisfies the hunger of our hearts and souls

## **III. Invitation To Learn**

### **a. How To Learn From Christ**

- i. The only way we grow in Christ and mature is having balance in our lives but this can only happen when living in the will of God. If we are out of balance in one part of our lives the other parts will suffer leaving us unsatisfied

### **b. The Meekness Of Christ**

- i. This is important to know about Jesus. Jesus came to be a servant and proved that by giving the ultimate service of dying on the cross and being raised from the dead to save us from our sins. Jesus in His ministry served us in our needs physically, emotionally and spiritually and His invitation fills the needs of a hungry heart that needs to commune with God

Is your life in balance? Does your heart hunger and stay unsatisfied? Jesus invites you to come and take His yoke, learn of Him and you will find rest for your soul!