

The Missing Rest

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I. Introduction.

- A. Many Christians are unsatisfied with the quality of life they are living.
- B. There is a missing rest in the life of the believer.

II. God brings healing through rest.

- A. Restlessness can bring high blood pressure for instance.
- B. The answer to rest is God's continual presence. (Exodus 33)
- C. Spiritual rest is total involvement with God.

III. We must respond to Christ's giving of rest at the cross and through his life. (Matthew 11:28)

- A. We must come, take, learn and find from Jesus.
- B. There is no real rest that costs nothing.
- C. Jesus wants us to forsake our stubbornness and come under his yoke.
- D. Rest is not signing off in God's economy—it is being involved in God's program.
- E. The Lord can do little with us until we come under his yoke.
- F. We can only find rest by learning of the Lord, which requires us to live with him.

Application questions:

1. What is the difference between worldly rest and spiritual rest? Explain.

2. How can we obtain spiritual rest?

3. What are some areas of your life that need to be submitted to the yoke of Jesus? How will you go about this?
