

Tired and Weary

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Preached on: Sunday, May 3, 2015

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If you take your Bibles with me this evening and turn to Matthew 11. It's going to be a little different tonight. All I'm going to do is just you can hear while I preach to myself tonight. I was studying and I needed something from the Lord and he gave this to me this week and I know it was for me and the Lord just wants me to share it tonight, maybe to be a blessing to someone else. Matthew 11. We're going to read some very familiar verses but stand as we read them if you are able. Verse 28, Matthew 11,

28 Come unto me, all ye that labour and are heavy laden, and I will give you rest. 29 Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls. 30 For my yoke is easy, and my burden is light.

Father, I pray you would help me as I preach this message you gave me this week. I know, I'm the very first to testify that the message was for me and, Lord, you used it in my life and now, God, I pray that it might be used, I know you have directed to share it tonight and I pray that it might be used to encourage another and, Lord, for any other reason, I just thank you for speaking to me already. I love you. In your name, I pray. Amen.

Be seated. Thank you.

Many of us tonight or lately, you know, it's easy because of life to get beaten down and to get tired. We all can be there. Do you know this too, that it's natural to grow weary? It's not weakness to grow weary. It is natural to get tired. The Lord, multiple times, pulled apart and he took his disciples away from the crowd and away from this and that to rest, to be alone. It's a natural thing to work hard, at least it should be a natural thing to work hard. We ought to work hard but when you work hard, it's a natural thing to be tired and I think, by the way, this is not the message, but I think God intended it that way because I believe even the fact that our bodies grow tired and we lay down at night and we go to sleep and then we wake up the next morning refreshed and ready, I think, did you know God didn't have to do things that way? But I think he did that that way because even in creation, he wanted to point everybody to the fact that, yes, the Lord Jesus Christ would come and our sins and he would die and he would lie down but he would get up again and I think everything in creation points to that.

That's why the day, the sun rises in the morning and sets at night but it will rise the next day. That's why the salmon swim upstream and then they die when they go upstream but what happens here in a couple of months? Here comes new life down the stream. That's why the bear goes in its den there to hibernate. He lays down. He lays down for months but then he gets up again. And I think you could just go through everything. You could see the leaves on the trees, they begin to die in the fall and they fall off and they go to the ground but what happens right now? They are budding forth in new life. Do you know why? Because God showed us something. This is what it's all about.

So with our bodies, you know, we will get weary. They even have today, I was looking at it, they have a diagnosis today for people that are tired. Do you ever feel like you're tired all the time? Do you know they have a diagnosis for you? I think it's a bunch of junk but here it is, ready? You have chronic fatigue syndrome. Doesn't that sound great? Go into work tomorrow about an hour late and be like, "I'm sorry. I have chronic fatigue syndrome," and see what they say. But it is, they can look it up, it is legitimate but you have to be diagnosed by the doctor but I'm pretty sure a lot of us could be diagnosed, huh? There is nothing they can do about it either. I hate to tell you this: there is no cure for chronic fatigue syndrome, alright? The doctors have not figured out a cure. All they do, though, is they give you sleeping pills at night and try to get you to sleep. They dope you up so you can sleep some and hopefully you feel better in the morning. It doesn't happen.

But I have news for you: if you come and you say, "Do you know what? I've been feeling worn out, tired, done." Well, I've got good news for you: doctors can't figure it out but the Lord did and he has given you a cure here tonight and I want you to see this with me real quickly. It won't be long but the Lord shared this with me and it really helped me this week. 1. In verse 28, I want you to see a problem that we all face. It says, "Come unto me, all ye that labour and are heavy laden." Did you know we all labor and we all, at times, become heavy laden? There is not one of us in this room that that does not apply to. Every one of us, we have become heavy laden at times. Every one of us will labor. And what happens because of that is physically we get worn down. Usually then it will follow with being mentally worn down and sometimes emotionally worn down. But do you know what? It's a problem we all face.

Now, you may feel refreshed. You may have had a \$2 Baptist nap today and you are good to go right now, alright, and praise the Lord if you are, alright? But maybe there are some like I found myself this week, just needed to stop. I said, "God, why do I feel this way?" And you'll see a couple of things here why, why do we become as this verse says, why are we heavy laden and what is the labor all about? I think that really there are two things that make us feel this way: 1. You have, first of all, the everyday bothers of life. It says there, "Come unto me, all ye that labour." Now, that's nothing huge, it's just called life and do you know what? I think you all could agree with this: life can wear you down at times. Not that huge. Not doing anything wrong. You're just getting up, you're working hard, things going on, you're busy, you've got schedules, you're pouring your whole heart into work. When you're at work, you're giving it 110% which everyone should do. When you get home and you still have stuff that needs to be done: you have to do this, you have

to do that and you have a long list of stuff and it seems like it's never, ever done and it gets hard to catch up. These are what's called the everyday life, alright? This is what this verse is saying, "Come unto me, all ye that labour." Probably some more than others but we all labor. If you didn't labor, then you're still in the bed tonight, alright? "You know, I haven't moved all day." Well, then you might be able to say, "I haven't labored." Well, maybe you should. But we all have labored some. It took work to get ready today. It took work to get dressed, to come to church. People have stuff to do tomorrow. It's called life. The everyday hustle and bustle of life, "all ye that labor."

So there's the everyday bothers of life but here's the second thing in this: then you have the enormous burdens of life. "Come unto me, all ye that labour," we all know what that is. Then it says, "that are heavy laden." You know, that's whenever something bigger happens, the unexpected, the trial, the heartache. There has been a lot this week in this room that have had to carry a heavy burden this week. A lot that had to go through some things they didn't want to go through. It wasn't easy to go through it. But it is reality. And they come to church today, just what it is, a little tired. I want you to know that God doesn't look at you tonight and say, "You are so weak." God, as a matter of fact he says, "I see it and I want you to come."

God never rebukes us. God never rebukes us for laboring and being heavy laden. God doesn't look at us in this verse and say, "What's wrong with you?" Instead, he opens his arms and says, "I understand. Come." We could go around this room tonight and share different things that have been heavy. Some have been sicknesses. Some have been financial, a rough week maybe financially. My brother had to face a hard week this week. You know, we all could go around this room and share different things that we didn't want to go through. We didn't mark it on a calendar months ahead and know that it's coming but it was a heavy burden that weighed heavy upon us. Probably many of us tonight could testify that, "Yeah, I've been there." Maybe some have been there this week.

Everybody's is different and it doesn't make one worse than the other. Maybe it's the unexpected sickness that came upon you. Maybe it's the unexpected diagnosis the doctor gives. Maybe it's just an unexpected bill. We had one of those this week. My wife called me and she said, "The hot water heater went out." I was like, "What? The hot water heater is good." "Alright, let the propane run out." That does not make a happy wife. You won't let that happen, alright? You know, we had to fix that. That's called life. Maybe a loved one hurt you this week. Maybe a relationship went sour. But you know, as we live this life, these things happen. Job said it best. Look at this verse real quick and we'll come back. Look in Job 14:1, "Man that is born of a woman is of few days, and full of trouble." That's life.

Do you know what the Lord says in Matthew? You see, this is a problem every one of us faces. We have the everyday burdens of life and then we have those enormous burdens of life and that's a problem we all face. But back in Matthew now, look at this, but there's a promise that we are all given. I love this. Look at the promise back in verse 28, it says this, "Come unto me, all ye that labour and are heavy laden, and I will give you rest." Do

you know what the promise is? The promise is this: God says, "You come to me with this and I will give you rest." Did you know, this is exciting to me, that if anybody else in this auditorium said those words to us, we would probably kind of laugh. The burden that maybe you're bearing, the burden that we share from this week, there are things where people were heavy laden about and burdened about this week and they shared it with me and do you know what was frustrating? I couldn't fix it. There was nothing I could do to make it better. I can pray. I can be there. I can listen. I can give counsel but I cannot make things better. None of us have the ability to fix everybody's problems and we would laugh if someone stood up and said they did but Jesus can say this. He says, "Come unto me and I will give you rest." He is able to do this. He is the only one who is able to do this. The nature of God assures this promise. Do you know what that is? He is an all-powerful God. He is a God that cannot lie and if he said, "Come to me and I will give you rest," my friends, you can bank on it, he will give you rest if you go to him. It's his nature.

Then his name assures promise here. The Bible says in Revelation 19 when he is there on his white horse, it says that his name is faithful and true. What a great name and if the faithful and the true says, "Come to me and I will give you rest," then we can go to him and he will give us rest. You see, it's a problem that we all have, a problem we all face, the every day burdens of life and those enormous burdens that hit us but there is a promise that we are all given.

But I want you to see thirdly now: there is a prescription. A prescription that we are all pointed to. Look at verses 29 and 30 now, Jesus says this, "Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls. For my yoke is easy, and my burden is light." Now, I told you this is what the Lord helped me with this week. Do you know what the Lord didn't tell me to do in this passage of Scripture and he doesn't tell you to do either? He doesn't tell you to go and take 2 weeks off and have leisure time. Not that there is anything wrong with that. Like I said, the Lord did that at times. He didn't say, "If you are heavy burdened, go here or there. Take a vacation. Bedrest. Stay in bed for a week or something." Isn't it interesting what he said to do? I know we've all read this and I'm not saying anything new. We have read this 100 times, haven't we? He said, "All of you that labor and are heavy laden," he said, "come to me. I will give you rest." And here is how it works: a yoke. He says there, "Take my yoke upon you." That yoke is the key to our rest.

When he says, "Take my yoke," understand when you study that verse, it's not saying that the Lord is holding the reins and you get in his yoke. That's not what that verse is saying. That is not what that verse is saying. The Lord is not saying, "Alex and Dan, stand right here and I'll hook up you guys on the yoke and I'll snap the whip and we'll start doing something." Do you know what that says, "my yoke"? Do you know what that means? He's in the yoke. He's in the yoke. He says, "Take my yoke upon you." Do you know what he wants us to do? Do you know what the problem, do you know why we get, now listen, this is the key to it all, ready? This is what the Lord spoke to me about. Do you know why we get so worn out with everything that everybody else is facing too? Do you know all why we get so frustrated either with the burdens of life or these extreme enormous burdens that face us at times is because of this: we try to handle it ourselves.

We try to fix it. We try to figure it out. We try to say, "I'll just man up and I'll just take care of it." Or, "I'll just lower my head and just bull my way through and I'll just carry all this upon myself and I'll just get through to the other side," and we get frustrated. We become tired. We become weak. The Bible didn't say we need a hammock, it said we need a yoke, the Lord's yoke.

Now, what is the Lord yoke? It's in this verse. Two things and then we're done. The yoke, number 1, is a place of labor. It says, "Take my yoke upon you." It is a place of labor. And understand this, what I'm trying to say: it isn't, you say, "Well, I'm really tired. I should just take on more ministries and my life will be solved." That's not what it says. It means this: work with him. Work with him. I don't care what you do, my friends, we're not going to escape the every day burdens of life and the enormous burdens that hit us at times. You can't run from it. A lot of people, that's their answer. They try, "Well, life is so rough. I'm just going to disappear." It fixes nothing. "I'm just going to go and hide for a month." It fixes nothing. Do you know what the Lord says? He doesn't say, Go and hide, go hide somewhere, go hop in a hammock, go hide under the bed." Do you know what he said? He said, "Take my yoke upon you." It's a place of labor. Do it with him.

And it is secondly, it is a place of learning. He says this, "and learn of me." Learn of him. Do you know what happens to us, do you know what typically happens to you and me when we become burdened and heavy laden? You understand what that means. There is a lot going on. We are burdened. Everyday life. These enormous burdens. Do you know what we normally do? We normally try just to take care of it and we get so busy we become overwhelmed and what's the first thing that we begin to neglect? I mean, we're having to get up at 5 AM. We're staying up until 11:30 at night. We're doing it over and over and over again. The list is never getting done. I have so much in front of me and I am so tired. What is one of the first things that we push away? It's that yoking up with the Lord. It's that book you hold in your hand. For whatever reason, "You don't understand. There is too much going on." And we never get the help and the burden becomes too heavy. Do you know what he said to do, my friends, when the burdens are heavy and we are heavy laden? He opens his arms and says, "Come. Take my yoke and we will do this together and in this time when you are heavy, you are going to learn some things about me. You are going to learn some things about me."

There is an Amish farmer and he always still used the oxen. This guy was doing a report and he went out there in the field and he saw the man leading his oxen and there was this giant, I mean, big old ox. Next to it was this younger calf, small, and he had them yoked together. The guy asked him, he said, "Doesn't that mess you up?" The guy said, "Oh no." The Amish guy said this, "That big ox right there can handle it." He said, "I have to put the younger one and the weaker one with him because if I just hooked up that younger ox, it would fight me and pull against me. It would injure itself and we would never get the work done. But when that small ox gets yoked up with that large ox, the first time it starts to pull away, that big ox says no, we're going this way. And that young ox learns to work with that big ox." He said, "And you get productivity and what happens too is that young ox grows up to know how to do it."

That's all the Lord is telling us to do. That's all he is telling us to do. If you're tired and worn out, you're not in sin, you haven't put things in your life that are wrong, it's just the everyday life and those enormous burdens that hit you but you get to this point, then you're probably about to admit probably to yourself but you're about to admit to yourself the one thing you have pushed aside is that sweet time of yoking up with the Lord every day and the jobs are never getting done and the strength never seems to be enough. What we need to do is listen to the Lord today. "Come unto me, all ye that labour and are heavy laden, and I will give you rest. Take my yoke upon you, and learn of me." His yoke is easy. Do you know why that yoke is easy? Same with that little ox, he just has to learn where the big ox goes. As long as he goes where the big ox goes, it's a good life. As long as we'll learn just to go where the Lord leads us and listen to him and talk to him, he'll give you rest.