

## Finding Rest in the Yoke of Christ

(Matt. 11:28-30)

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Note: The text below was prepared for oral delivery rather than for publication in print. As such, be aware that sentence fragments are intentionally used and that this document has not been edited to correct the errors in grammar, sentence structure, etc.

### A. Introduction ó Announce text and title, noting seeming contradiction in òfinding restö in a òyoke.ö

1. Background ó Read Matt. 11:25-30
2. In vs. 27: As we approach our text for today, Christ has precluded anyone from misinterpreting what He is about to say so as to assign merit or causal role to that which He is about to command

### B. Vs. 28:

1. òComeö ó Coming to Christ is to be understood as believing on Him ó the soul coming unto Him so as to trust in His labor rather than their own ó His accomplishment. We see that òcomingö is synonymous with believing in Christ when you consider passages such as John 6:35 where Jesus said: ***“I am the bread of life: he that cometh to me shall never hunger; and he that believeth on me shall never thirst.”***
2. Now you are commanded to believe on Him ó His Person and work which He accomplished in His obedience unto death but it is critical again to see in context that vs. 27 has precluded any notion that this coming is a condition or requirement to be met by the sinner.
3. Who will come? Only those and all those:
  - a. í to whom it is revealed,
  - b. í whom the Father draws ó ***“No man can come to me, except the Father which hath sent me draw him:...”*** (Jn 6:44a).
  - c. í that ***“labour and are heavy laden...”***
4. òLabor and are heavy ladenö ó
  - a. This is not speaking of those who are laboring so as to attain or maintain salvation, oblivious to how laden with sin their very religious efforts themselves are. Such do not desire nor need any rest for they haven't been burdened with the guilt of the evil which they call ògood.ö
  - b. But those who labor (who are on a religious road) and become burdened with the guilt of sin ó pressed down by the unbearable yoke of the law as God reveals the extent of it ó the very perfection it demands. They are heavy laden because they've been attempting to do the impossible.
5. Now to these He says, òí ***And I will give you rest.”***

C. Vss. 29 -30: “...**take my yoke...**” ó how is that òrest?ö This yoke is speaking of a subjection to His will, guidance and direction in His word, His ordinances ó a walk of obedience and faith, a taking up of our cross to follow Him ó even in suffering the scorn of this world’s religion (just as in Phil. 1 Paul wrote of how we’re not only called to believe on Him, but also to suffer for His sake) ó How is that easy? How is that rest?

1. See I Jn 5:3: “... **his commandments are not grievous**” Why? Because of the motive ó because we now possess a God-given regard for His glory ó How He can be both a just God and a Savior based solely on the imputed righteousness of Christ. So I walk, I strive to obey, etc. motivated by the certainty of salvation because it is conditioned on Christ alone. So I walk or strive to obey with (1) Christ’s supreme example of perfection as my unachievable goal in this life, but (2) with His perfect accomplishment as my very possession. What relief! That is rest for my soul!
2. Matt 11:29:
  - a. Christ calls a genuine profession of faith in him and subjection to his ordinances a òyoke.ö
  - b. In Proverbs 3 where wisdom is personified, of Christ (who is our wisdom) it is said in vs. 17: ò**Her ways are ways of pleasantness, and all her paths are peace.**”
  - c. Jer. 7:16: “**Thus saith the LORD, Stand ye in the ways, and see, and ask for the old paths, where is the good way, and walk therein, and ye shall find rest for your souls.**
  - d. It’s a way, a walk ó but it’s pleasant in contrast to the yoke of the law ó of striving to meet a condition or requirement that in reality is unattainable by sinners.
  - e. “**learn of me for I am meek and lowly**” ó This speaks of His willingness to submit to the Father’s will in the assumption of human nature and His obedience unto the death of the cross. Learn of that and you’ll find rest.
3. Verse 30: “**Yoke is easy and the burden is light**” ó in sharp contrast to the religion we all naturally, but mistakenly, once followed as spiritually dead, blind, sinners when we sought to meet a requirement or condition for our own salvation ó
  - a. í failing to see that being yoked to that requirement is not only hard, but impossible.
  - b. ...And that burden is anything but light ó for it is to attempt to establish a righteousness by deeds of the law ó that which required no less than perfect obedience unto death of the God-man. That burden is according to the terms of the covenant of works which was broken by our father Adam, òDo and live ó disobey and die.ö
  - c. Do you see the evil of presuming to be able to perform that which Christ as God-man alone was able to do as a Substitute for a people in the greatest example of meekness and lowliness of heart ó condescending to do for a people what they could not do for themselves by His obedience unto death?

#### D. Conclusion:

Well, this would all seem a big contradiction to most ó God revealing a ðrestö to be found under the ðyokeö of Christ. This ðyokeö speaks of a coupling representing our union, our oneness with Christ.

It's His work and not ours ó His obedience unto death. So if you're burdened down with the religion of man ó imagining that salvation is conditioned on you the sinner in any way, then I pray that God might reveal Himself to you even today ó so that you too who ðí **labor and are heavy laden**" will come to this God-given faith in Christ ó for there is rest ó not from the work, but in the work. Why? ó Because the merit I possess is no longer conditioned on my far less-than-perfect efforts. The merit I possess before God was finished by Christ at the cross of Calvary and has judiciously been made mine by God's gracious imputation (or reckoning) of it to me.

Come unto Christ, all ye that labor and are heavy laden, and He will give you rest. Take His yoke upon you, and learn of Him; for He is meek and lowly in heart: and ye shall find rest unto your souls. For His yoke is easy, and His burden is light.

Footnote from the author: While this sermon was prepared and delivered by me, I often utilize the commentaries, study helps, and teachings of others to supplement my own prayerful study of the scriptures. Since this document was not originally prepared for publication in print, please excuse and recognize that it was unfeasible to properly identify and credit all of the various original sources used to develop the content herein. Ultimately, it is my sincere and foremost objective to accurately present the gospel of God's grace found in the only infallible source, God's word itself ó the Bible.