

Breathe.

Lesson 4 – October 2, 2019

Matthew 11:27-30

God made us all in His image and wired us just the way He wants us, but because some of us have more individualistic personalities, and since we live in a culture that encourages this type of lifestyle, it can be easy for us to cross the line from dancing to our own rhythm to being lord of our own lives. Living in a culture that glorifies breaking the mold and busting the ceiling means that we must exercise good spiritual wisdom, or we will not be able to balance our temperament and the way God wired us to flourish with what is going too far. This is one of the reasons we struggle with Sabbath rest.

God is Lord - He is the authority and the final word in our lives; however, we often take a position that makes us our own authority. When we have the final say in our own lives, there is no one bigger or greater than us than can make us lie down in green pastures and rest - and we will never have peace. We won't know when to rest, or what to rest from, or even how to rest well.

Sabbath rest is tied to

- (1) God's ability (His provision)
- (2) our adoption (an unchanging position at God's table)
- (3) **our belief in God's authority**

Our mindset says, "Of course, God is Lord of my life," but in reality, what we practice is that God is a consultant, and not the one in control. We come to God when we think we might need help. Practically, how we approach God doesn't match the authority we say He has in our lives. We are really lords of our own lives, which is one reason why we struggle with stress and anxiety.

Is God my assistant or does God set the agenda?

Old Testament View of Sabbath – An Imperative

Psalm 46:10 (NAS): Cease striving and know that I am God; I will be exalted among the nations, I will be exalted in the earth

Leviticus 19:3 (NAS): Every one of you shall reverence his mother and his father, and you shall keep My sabbaths; I am the Lord your God

Leviticus 19:30 (NAS): You shall keep My sabbaths and revere My sanctuary; I am the Lord

What does sabbath have to do with honoring your mother and father? Why is God declaring who He is after giving these reminders of Exodus 20 about sabbath? **Sabbath is tied to reverence. There is something about obeying God in this idea of rest that is tied to reverence, honor and the acknowledgment of authority.** In addition, this isn't just any kind of generic rest – My sabbaths – this is personal to God. He doesn't want us to figure out how to create breaks in our lives, He wants us to consult Him and let Him set the rhythm for our lives, however, we aren't going to ask Him if we don't *revere* Him. The word *revere* used here means awe, wonder, respect, God has the final word.

If it is true that God has the final word in my life, I must stop periodically to check in to hear what He has to say. I don't want Him to speak to me when I am on the go, when I am already headed where I want to go. We must stop and wait for God to speak, be still instead of heading in our own direction. Instead of waiting and being still, we move and ask God to close doors if it is not His will. We ask God to disrupt our plan instead of asking Him what His plan is. God is not your guardrail; He is not your consultant on the go.

God is more than just a corrector of our mistakes. Because He is not our practical authority but only our authority in principle, we don't have any rest. We cannot manufacture our own peace; we must be under God's authority to have a place to rest and be able to rest in Him.

New Testament View of Sabbath – An Invitation

Matthew 11:27–30 (NAS): All things have been handed over to Me by My Father; and no one knows the Son except the Father; nor does anyone know the Father except the Son, and anyone to whom the Son wills to reveal Him.

28 Come to Me, all who are weary and heavy-laden, and I will give you rest.

29 Take My yoke upon you and learn from Me, for I am gentle and humble in heart, and you will find rest for your souls.

30 For My yoke is easy and My burden is light.

All things - Jesus is making it clear that he has the full transference of authority, he is fully God. Jesus makes sure that his audience knows that God has given him full authority and it is equal to that of the Father. This assertion of authority sets up the invitation that is coming next, and it is the key to response to his invitation. Jesus is responding to Jews under influence of the Pharisees, who thought they knew everything. Jesus had to lay out his authority because people clearly saw his humanity – they saw he was a man walking among them, but the question that came up from the Jews was about his deity - are you also God and Messiah? Our culture does the same thing, we love the humanity of Jesus, but don't choose his humanity and deny his deity. Jesus can't be your best friend unless he is first and foremost the Lord of your life. He must be the one who is setting the direction. We like Jesus's humanity because it is easy – it's not offensive. **Jesus is loving and kind, but he is also Lord.** We must be clear on this point – Jesus is fully God and fully man.

Come
God's
Invitations
Isaiah 55:1
John 6:35
John 7:37

This invitation is one of the most beautiful invitations that Jesus gives. There's nothing like the God of the universe extending an invitation to you. Jesus is an inviting kind of savior. This invitation requires authority – Jesus is sovereign, omniscient and omnipresent – even in his humanity, but despite his authority Jesus gives us a choice, not a command or demand. He extends the invitation, but you must respond.

Authority is everything, but we live in a time where it is easy to struggle with it. We live in a culture that believes that authority is optional. We are selective about our submission to authority - politics, police, teachers - we feel entitled to decide whether we are going to submit. Discarding the Romans 13 truth, we wrongly believe we can be rebellious to those above us and be submissive to God at the same time. While it is difficult to live in this culture and understand the respect for authority that God calls us to, we must come to the authority if we are to find rest. **Jesus can't be your peer and find peace for you.** Peace comes when you are no longer in control - it comes from yielding.

COME
to ME → GO!

First step - we have to go to Jesus. To Me – this is personal, Jesus tells us where we are going and to whom. Coming is believing, not a physical relocation - it's a faith move. Once you move towards Jesus inadvertently you are moving away from everything else. **You cannot move towards Jesus and your own agenda at the same time.** In the coming there is a decision, a choice but once it's made - it's a commitment. Jesus says come to Me, not your calling, your church or your cause – He is the only source, the only place you are going to get what you need.

Coming to Jesus is the first decision in a series of choices, once you go, you choose over and over again to stay. He can come to your rescue, but if you want to find rest, if you want maturity and a committed life in Christ, at some point, you have to make a decision to navigate yourself from where you are to where he is. **God is unchanging and unmoving – if you find yourself far from him, you know who has moved.**

“Come to me” is an invitation, but its non-negotiable. In the coming we are acknowledging the authority. Like willful toddlers, we negotiate when we don't have the capacity to understand.

weary and heavy-laden Heavy laden is the cause, weary is the effect. **Heavy laden** means to load or burden, to carry something unbearable – a reference to the weight of trying to be righteous outside of Jesus, the external burden caused by the fruitless efforts of human righteousness. If you are weighed down spiritually, **come to me**, stop trying to do your own thing and determine your own moral standard. Jesus says you need to lay that down. The effect of being heavy laden is becoming weary, which means draining of all of one's power, being beaten down from exertion, being so emotionally fatigued one is about to lose heart or give up - you have to come to the end of yourself.

The admission that we are weary and heavy laden requires humility and honest on our part. We must acknowledge we are tired and ask for help. When you come to the end of yourself, that's when you can make the most of this invitation. You are not enough on your own. **Am I tired enough to quit trying and see what God does?**

I WILL
↓ ↓
Unconditional
Certainty

We have a certainty and a promise **HE WILL** do it. Jesus doesn't delegate - Jesus himself will do it for us personally. The circumstances don't have to be perfect; this isn't probable, conditional or delayed - **HE WILL** do it without delay.

GIVE

This is a gift, not a loan that requires repayment - you don't have to work harder after you rested. This gift is unearned and undeserved.

YOU

This is not mass rest to all women, to all who live in Texas or any other group – this is custom rest, just for YOU because he knows the type of refreshment you need in your life. It won't look the same for everyone, but God knows exactly the kind of rest you need.

REST

This rest is tranquility, peace and physical rest (cessation of work), but it is also a break from mental, emotional and spiritual fatigue – ultimately, it is peace with God.

Jeremiah 31:25 (NAS): For I will satisfy the weary soul, and every languishing soul I will replenish.

TAKE

Take my yoke upon you – when you come, you must take what Jesus has in exchange for what you are doing – not add, but exchange. A yoke is an instrument usually laid on the forehead or neck of a beast of burden and is used to carry heavy loads.

The invitation Jesus extends in Matthew 11:27-30 is the ultimate invitation, but the invitation is to SUBMISSION. When you come, you are no longer bound to a yoke of the slavery of success, pride, or achievement – lay it down and take on Jesus’s yoke. His burden is easy and light, it’s a good yoke. Exchange weary and heavy laden for easy and light. This yoke gives us freedom –it is God’s security. Without it, you are subject to your own consequences. There is freedom in finding your bondage in God.

LEARN

Learn from Jesus, he is gentle and humble at heart. Answer his call to discipleship, grow in knowledge of him, be informed and grow in intimacy with him. We are so glad we are rescued by him that we forget it is a priority to grow in Christ. Our Initial rest is in salvation, our ongoing rest is in sanctification and growth in Jesus.

for I am gentle and humble in heart
and you will find **REST** for your **SOUL**

Initial rest is a gift, given in initial surrender. Soul rest comes from growth, it is a rest found after you learn of Jesus. This rest comes from abiding in who Jesus is – it is an ongoing rest found in your everyday submission. It is possible to have initial rest, to be saved from hell and know that eternity is secure, and still not have everyday rest because we are not taking and learning, we are just coming.

THE INVITATION: Come. Take. Learn.

THE RESPONSE: Go. Get. Grow.

To fully respond to this invitation is life changing.

We Rest in His Authority

Step 1

COME

GO!

to ME all who are weary and heavy-laden

and

I WILL

GIVE

YOU

Unconditional
Certainty

REST

TAKE

my YOKE upon YOU and

LEARN

from ME

Grow

for I am gentle and humble in heart
and you will find REST for your SOUL