

November 17, 2019



**"REST FOR THE SOUL"**

Todd Core, *Student Pastor*

**MATTHEW 11:28-30**

Our lives are filled with numerous anxieties and heavy burdens, yet Jesus extends an invitation to experience true rest.

**1. Unload upon Me (v. 28).**

**TRUTH:** Each of us has baggage that we were never meant to carry.

**RESOURCE:** *Traveling Light* by Max Lucado

**2. Submit to Me (v. 29).**

**TRUTH:** The yoke of Christ releases you from the burden of your inadequacies.

**3. Learn from Me (v. 29).**

**TRUTH:** The teaching of Christ releases you from the burden of harsh taskmasters.

**4. Work with Me (v. 30).**

**TRUTH:** Serving Christ releases you to delight in your true purpose.

**5. Rest in Me (vv. 28, 30).**

**TRUTH:** Christ's provided rest gives us soul refreshment and promised eternal peace for our soul.

**CHALLENGE:** \_\_\_\_\_ is the biggest burden I carry, and today I bring it to Jesus.