Encouragement When We Are Overwhelmed and Tired
Matthew 11:28-30

PROPOSITION: Jesus offers the gift of rest and the way of rest through relationship & service to all who are burdened and weary.

I. Being overwhelmed and tired is going to happen
   “weary and burdened”
   
   A. Jesus was frustrated
      Matt 11:20-24 (16-19)
   
   B. This is a broken world with broken people

   C. Jesus humbly comes to the Father
      Matt 11:25-27

   D. God is constantly drawing the unlikely
      Matt 11:25

II. We find genuine rest through Jesus
   “I will give you rest”
   “Come to me all you”
   “gentle & humble in heart”
   “rest for your souls”

   A. Rest comes through Jesus

   B. Jesus warmly invites us to His rest

   C. Jesus only puts as much pressure as necessary

   D. We need rest for our soul

III. This rest is different from vacations, avoiding problems or running away
   Matt 11:28
   Matt 11:29 (Jer 6:16)
   Matt 11:29
   Matt 11:30 (I Jn 5:3)
   
   A. What is involved in “come”?

   B. What is involved in “take my yoke upon you”?

   C. What is involved in “learn from me”?

   D. How is Jesus’ yoke easy & His burden light?