

Burdened - Part 3

Sunday, July 14, 2019
10:30 AM

Matthew 11:28-30 New International Version (NIV)

28 “Come to me, all you who are weary and burdened, 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.”

1. Burdened by Position
2. Burdened by Responsibilities
3. Burdened by Wants & Desires
4. Burdened by What Has Been and What Could Be
5. Burdened by Failure

1. His Yoke offers Companionship
2. His Yoke offers Strength
3. His Yoke Offers a Framework
 - a. Of Perspective
 - b. Of Boundaries
 - c. Of Direction (Guidance and Purpose)

THE RIGHT DESTINATION

There are three powerful directives that Jesus gives us in this passage. None of them are suggestions

- Come to ME
- Take MY Yoke
- Learn from ME

The right destination is -JESUS

THE APPROPRIATE DIRECTIVES

All three of these indicate that we have a choice to make. A participation in the obtaining of the rest that Jesus promises us.

COME.... The same word used when Jesus invited the disciples to follow Him and he would transform them (and I will make you fishers of men)

TAKE... To take upon oneself and carry, to receive, to accept (if a man will come after me let him deny himself, take up his cross and follow me)

Are we willing not only to look to Jesus for the answers we need, but to commit ourselves to an ongoing relationship with Him. Will we take the YOKE of relationship upon ourselves, and commit to staying connected to Him.

LEARN.... To Learn by use and practice.

As we take His YOKE upon ourselves and begin to walk with Him daily we must LEARN from Him. There will be days we pull against the YOKE and try to go our own ways. But the more we walk with him the more we come to understand His ways, His purposes, His directions. And in that there is great rest and relief from the burdens of this life.

But what happens when the rest doesn't come right away?

Exodus 3:7-10 New International Version (NIV)

7 The Lord said, "**I have indeed seen the misery of my people in Egypt. I have heard them crying out because of their slave drivers, and I am concerned about their suffering.** 8 So **I have come down to rescue them** from the hand of the Egyptians and to bring them up out of that land into a good and spacious land, a land flowing with milk and honey—the home of the Canaanites, Hittites, Amorites, Perizzites, Hivites and Jebusites. 9 And now the cry of the Israelites has reached me, and I have seen the way the Egyptians are oppressing them. 10 So now, go. I am sending you to Pharaoh to bring my people the Israelites out of Egypt."

Exodus 3:16-17 New International Version (NIV)

16 "Go, assemble the elders of Israel and say to them, 'The Lord, the God of your fathers—the God of Abraham, Isaac and Jacob—appeared to me and said: **I have watched over you and have seen what has been done to you** in Egypt. 17 And **I have promised to bring you up out of your misery** in Egypt into the land of the Canaanites, Hittites, Amorites, Perizzites, Hivites and Jebusites—a land flowing with milk and honey.'

Exodus 4:29-31 New International Version (NIV)

29 Moses and Aaron brought together all the elders of the Israelites, **30** and Aaron told them everything the Lord had said to Moses. He also performed the signs before the people, **31** and **they believed**. And **when they heard that the Lord was concerned about them and had seen their misery, they bowed down and worshiped.**

Notice that they responded to the Lord's message with faith, hope and praise. They were excited to know that their burdens would soon be lifted and that God had special plans for them.

But when Moses and Aaron went to Pharaoh and gave him God's message, he not only refused to let them go, he made their burden even heavier.

Exodus 5:6-9 New International Version (NIV)

6 That same day Pharaoh gave this order to the slave drivers and overseers in charge of the people: **7** “You are no longer to supply the people with straw for making bricks; let them go and gather their own straw. **8** But require them to make the same number of bricks as before; don’t reduce the quota. They are lazy; that is why they are crying out, ‘Let us go and sacrifice to our God.’ **9** **Make the work harder for the people so that they keep working and pay no attention to lies.**”

Exodus 5:22-6:9 New International Version (NIV)

22 Moses returned to the Lord and said, “Why, Lord, why have you brought trouble on this people? Is this why you sent me? **23** Ever since I went to Pharaoh to speak in your name, he has brought trouble on this people, and you have not rescued your people at all.”

6 Then the Lord said to Moses, “Now you will see what I will do to Pharaoh: Because of my mighty hand he will let them go; because of my mighty hand he will drive them out of his country.”

2 God also said to Moses, “I am the Lord. **3** I appeared to Abraham, to Isaac and to Jacob as God Almighty, but by my name the Lord I did not make myself fully known to them. **4** I also established my covenant with them to give them the land of Canaan, where they resided as foreigners. **5** Moreover, I have heard the groaning of the Israelites, whom the Egyptians are enslaving, and I have remembered my covenant.

6 “Therefore, say to the Israelites: ‘I am the Lord, and I will bring you out from under the yoke of the Egyptians. I will free you from being slaves to them, and I will redeem you with an outstretched arm and with mighty acts of judgment. **7** I will take you as my own

people, and I will be your God. Then you will know that I am the Lord your God, who brought you out from under the yoke of the Egyptians. **8** And I will bring you to the land I swore with uplifted hand to give to Abraham, to Isaac and to Jacob. I will give it to you as a possession. I am the Lord.”

9 Moses reported this to the Israelites, but they did not listen to him because of their discouragement and harsh labor.

What changed? Or better yet what didn't change? Their burden didn't immediately go away and not only that, it got worse. Sometimes our burdens feel like a vicious task master that won't let us go. I preach a couple of messages about coming to Jesus and finding rest and you respond in faith believing God for the rest you need. But nothing changes or even more burdens pile on. What do we do?

CONTINUE TO BELIEVE...

- **That He hears your cries**
- **That He cares for you**
- **That He will bring you out**

Hebrews 3:1 New International Version (NIV)

3 Therefore, holy brothers and sisters, who share in the heavenly calling, fix your thoughts on Jesus, whom we acknowledge as our apostle and high priest.

Hebrews 3:7-19 New International Version (NIV)

7 So, as the Holy Spirit says:

“Today, if you hear his voice,

8 do not harden your hearts

as you did in the rebellion,

during the time of testing in the wilderness,

9 where your ancestors tested and tried me,

though for forty years they saw what I did.

10 That is why I was angry with that generation;

I said, ‘Their hearts are always going astray,
and they have not known my ways.’

11 So I declared on oath in my anger,

‘They shall never enter my rest.’ ”

12 See to it, brothers and sisters, that none of you has a sinful, unbelieving heart that turns away from the living God. **13** But encourage one another daily, as long as it is called “Today,” so that none of you may be hardened by sin’s deceitfulness. **14** We have come to share in Christ, if indeed we hold our original conviction firmly to the very end. **15** As has just been said:

“Today, if you hear his voice,
do not harden your hearts
as you did in the rebellion.”

16 Who were they who heard and rebelled? Were they not all those Moses led out of Egypt? **17** And with whom was he angry for forty years? Was it not with those who sinned, whose bodies perished in the wilderness? **18** And to whom did God swear that they would never enter his rest if not to those who disobeyed? **19** So we see that they were not able to enter, because of their unbelief.

CONTINUE TO TRUST

- **That He will break the bondage of the Enemy**
- **That He will provide what you need**
- **That He will make a way where there is no way**

CONTINUE TO FOLLOW

CONTINUE TO OBEY

1 Corinthians 10:1-13 New International Version (NIV)

10 For I do not want you to be ignorant of the fact, brothers and sisters, that our ancestors were all under the cloud and that they all passed through the sea. **2** They were all baptized into Moses in the cloud and in the sea. **3** They all ate the same spiritual food **4** and drank the same spiritual drink; for they drank from the spiritual rock that accompanied them, and that rock was Christ. **5** Nevertheless, God was not pleased with most of them; their bodies were scattered in the wilderness.

6 Now these things occurred as examples to keep us from setting our hearts on evil things as they did. **7** Do not be idolaters, as some of them were; as it is written: “The people sat down to eat and drink and got up to indulge in revelry.” **8** We should not

commit sexual immorality, as some of them did—and in one day twenty-three thousand of them died. **9** We should not test Christ, as some of them did—and were killed by snakes. **10** And do not grumble, as some of them did—and were killed by the destroying angel.

11 These things happened to them as examples and were written down as warnings for us, on whom the culmination of the ages has come. **12** So, if you think you are standing firm, be careful that you don't fall! **13** No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, **he will also provide a way out so that you can endure it.**

Where is my way out?

Isaiah 42:3 New International Version (NIV)

3 A bruised reed he will not break, and a smoldering wick he will not snuff out. In faithfulness he will bring forth justice;

Revelation 3:8 New International Version (NIV)

8 I know your deeds. See, I have placed before you an open door that no one can shut. I know that you have little strength, yet you have kept my word and have not denied my name.

Psalms 51:17 English Standard Version (ESV)

17 ...a broken and contrite heart, O God, you will not despise.