

SERMON: TIRED

Matthew 11:28-30

(28) Come unto me, all ye that labour and are heavy laden, and I will give you rest. (29) Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls. (30) For my yoke is easy, and my burden is light.

Introduction

Despite all of our modern conveniences and technological advancements, people are more tired than ever. It is reflected in all aspects of our society, especially in our mental health. People are tired of fighting traffic. People are tired of poor customer service. People are tired of “office politics.” People are tired of “political politics.” People are tired of trying to get on disability, and all it takes is one look at the applicant, and a blind person could know that their disability is genuine. School teachers are tired of fighting the parents and the school board. Parents are tired of going to work to support the household and then supporting their children in their developmental after-school activities. Children are tired of bullying in the schools and on the playgrounds. Young single adults are tired of the dating game. Old folk, like me, are tired of adapting to the constant technical and social changes. Even some church workers are tired; the many good things you do are not recognized or appreciated, but the one mistake is blown out of proportion and taken out of context. Let us not forget caregivers; they truly love the person that they are caring for, but they get tired. Let me say that again: Caregivers get tired – very tired!

People are not only tired physically- they are also tired emotionally and spiritually. It takes longer to recover from emotional and spiritual fatigue than from physical fatigue. It seems as if vacations and cruises are not long enough, and off days from work are too few.

Please do not despair. I know I have painted a gloomy picture. Our text is the answer. Really, it is the only workable answer. It comes from our Lord and Savior, Jesus Christ. Of all the great promises in the Bible, the words of our text contain one of the most precious. Jesus came into a laboring and heavy-laden world. People were struggling under the burden of sin, fear, insecurity, and Roman oppression. To the people of that day and to the people of this day, our Savior extended a magnificent invitation.

Exposition

1. A Gracious Invitation.

(The Most Extensive And Inclusive Invitation Ever

Extended.)
("Come Unto Me, All...")

2. A Glorious Promise.

(Rest For The Weary.)
("I Will Give You Rest")
(Not Might Give You Rest.)

3. Godly Conditions.

(Take My Yoke-Sounds Contradictory-But It Works.)
(Learn Of Me-Study His Word.)
(Rest Comes From Trusting His Word.)

Closing Thoughts

To come unto Him and to follow Him will provide security, satisfaction, and true rest.
Give God glory! Give God all the glory.

End Note

Many scholars believe that in these verses Jesus is referring to a "training yoke." It was used to harness a mature strong ox with a young growing ox. The mature ox would carry most of the weight and the young ox would learn from the mature ox. We still have to carry a load, but Jesus carries the bulk of the weight. The portion of the training yoke designed for the young ox was also padded, so it would not irritate its hide. This could also be translated as my yoke is "soft."

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