

“Finding Rest in Jesus Christ”
Jeremiah 6:16; Matthew 11:25-30

Intro: What types of rest do you need? Where do you find it?
What do you think rest for your *soul* is?

- I. The Lord’s Promise of a Land of Rest
 - a. Promised to Abram Genesis 15:7
 - b. But the Israelites failed to enter after the exodus
 - i. Numbers 14:30; Hebrews 3:16-19
 - ii. Because of their *unbelief*
 - c. Hebrews 4:9-11. God’s promise remains.
 - i. Enter God’s rest by faith and obedience
- II. The Lord’s Command to Rest: Sabbath
 - a. Exodus 20:8-11
 - b. Resting – how do you rest in God?
 - c. Keeping it holy – how do you keep the day holy?
- III. The Lord’s Old Testament Invitation to Rest
 - a. Jeremiah 6:16
 - b. Stand at the crossroads and look
 - i. Ask for the ancient paths
 - ii. Ask where the good way is
 - c. Walk in it
 - i. Believe, trust, follow, obey
 - ii. *But* Judah did not
- IV. The Lord’s New Testament Invitation to Rest
 - a. Matthew 11:25-30
 - b. 600 years later Israel still refused to obey (20-24)
 - c. Take Jesus’ yoke: instruction and harness
 - d. And learn: listen, understand, follow, obey
 - e. Find true rest for your soul

Close: To enter into God’s rest is to look to him, listen to his promise, trust him completely, and lean fully into him.
Exodus 33:14