Breathe #4 “Rest Given, Rest Found” Matthew 11:28-30

**Tell the Ebenezer Story**

*Setting* – Israel in rebellion and dominated by Philistines.

Samuel called them to repent and true worship.

Gathered a Mizpah for prayer and worship (revival)

*Tension* – Philistine heard they were gathered and came to fight.

*Search* – Cry out to the LORD for us, “Save Us!”

*Resolution* – The LORD Thundered against the Philistines.

Confused and defeated them before Israel!

*Setting* – Samuel set up a stone. Called it Ebenezer --- Stone of Help.

***Thus far the LORD has helped us!***

“*Here I raise my Ebenezer hither by Thine help I’m come*”

Ebenezer; Stone of Help = Recognizing God’s Faithfulness

Gratitude for Past; Confidence in the Present and Hope for Future!

**ILL** – Late Spring with Staff… 2017 Theme… Ebenezer

* A collective “Nah” --- Ebenezer \_\_\_\_\_\_\_\_\_\_\_ . (scrooge)

***Breathe*** = Stop and gain perspective – Reflect, Refocus and Rest.

**t/s** – Psalm 150 – He gives us breath to Praise Him

John 20 – He gives us the Spirit to serve Him.

Today… Rest

“**Rest**” – NT – means more than passivity; Rejuvenation, Restoration

***Ana*** = up…. ***Rest Up*** Relief from a burden; Refreshed

….*not the rest of inactivity but of the harmonious working of all the faculties and affections --- of will, heart, imagination, conscience --- because each has found it satisfaction*.

REST is used to translate the OT word Sabbath. Used by Jesus to describe his gift of New Life. Jesus gives us Rest.

**Matthew 11: 28-30**

**We Rest in Glad Submission to Jesus.**

***Truth about Myself ---***

* Weary – perfect tense; I live in a state of weariness; toiling to perform difficult and painful duties
* Heavy-Laden – Passive endurance; (cargo in a ship)

Context = Work of Religious Rituals and Rules (No Peace)

Burden of Guilt; always carrying.

Working hard to be good, do good, perform, measure up;

(perfect mother, flawless father, happy neighbor, successful)

All the while deep down inside carrying the cargo of Guilt.

App – Jesus knows that you are weary and Burdened.

He knows that you do not and cannot measure up!

Praise the Lord! Not failures, fakes,…Weary!

***Truth about Jesus.***

Exp – This text is mostly about Jesus.

Seven times = Me, I (emphatic), My, Me, I(emphatic), My, My

Direct Description of Character – Gentle and Humble of Heart

Jesus is our humble, gentle **Master**.

***Yoke*** = A servant/Master; an Apprentice/Teacher

***Easy*** = kindly, good, pleasant… It Fits!

**We Rest in Glad Submission to Jesus.**

A wonderful summary of our Response to the Gospel.

* Repent Believe and Follow Me.
* Come and Take My Yoke

Jesus died on the Cross so that we might Live in Glad Submission to our Rightful King. His Death and Resurrection makes us Want what we Need; Glad Submission. He Gives us Rest.

* Created, Breath, so that we might Take His Yoke
* Recreated, Spirit, so that we might Take His Yoke

Luther, “Christ’s burden is light because He helps us bear it.”

*Perfect Submission, all is at Rest, I in my Savior am happy and blessed.*

**We Rest in Glad Submission to Jesus.**

Augustine, 1600 years ago…. Wrote his Confessions (testimony)

***…You have made us for yourself, and our hearts are restless until they find their rest in you. ”***

There is no Rest in Self-Rule, Self-Reliance. The harsh, arrogant masters of this world will give you no rest. We can only find Rest in Glad Submission to Jesus. Come to Jesus. Take His Yoke.