



# **God's Promise of Rest**

Jeremiah 6:16/Matthew 11:28-30

# **Rest for your souls**

- Jer 6:16 Thus says the LORD: “Stand in the ways and see, And ask for the old paths, where the good way *is*, And walk in it; Then you will find rest for your souls. But they said, ‘We will not walk *in it*.’
- Matt 11:28-30 Come to Me, all *you* who labor and are heavy laden, and I will give you rest. <sup>29</sup>Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls. <sup>30</sup>For My yoke *is* easy and My burden is light.”

# Rest in the Creation

- Genesis 2:1-3 Thus the heavens and the earth, and all the host of them, were finished. <sup>2</sup> And on the seventh day God ended His work which He had done, and He rested on the seventh day from all His work which He had done. <sup>3</sup> Then God blessed the seventh day and sanctified it, because in it He rested from all His work which God had created and made.
  - Not because He was exhausted Isaiah 40:28
  - Not because He was finished working John 5:16-18

# **God's rest related to man**

- Genesis 1:27 So God created man in His *own* image; in the image of God He created him; male and female He created them.
- Gen 2:2 Then God blessed the seventh day and sanctified it, because in it He rested from all His work which God had created and made.
- Gen 2:7-9 And the LORD God formed man *of* the dust of the ground, and breathed into his nostrils the breath of life; and man became a living being.<sup>8</sup> The LORD God planted a garden eastward in Eden, and there He put the man whom He had formed. <sup>9</sup> And out of the ground the LORD God made every tree grow that is pleasant to the sight and good for food. The tree of life *was* also in the midst of the garden, and the tree of the knowledge of good and evil.

# **Rest for the nation of Israel**

- Exodus 16:4-5 Began feeding them with manna to test whether they will walk in my law
- Ex 16:21-26 provision for 6<sup>th</sup> day/tomorrow a Sabbath rest
- Ex 16:30 So the people rested on the seventh day
- Ex 20:8-11 Remember the Sabbath day, to keep it holy. <sup>9</sup> Six days you shall labor and do all your work, <sup>10</sup> but the seventh day is the Sabbath of the LORD your God.
- Ex 31:17 It is a sign between Me and the children of Israel forever; for *in* six days the LORD made the heavens and the earth, and on the seventh day He rested and was refreshed.’ ”

# **Rest provided time to worship**

- Sabbath rests were times for rest and worship/relationship to tabernacle (Exod 25-30)
- Lev 25:3 Sabbath yr (7<sup>th</sup> year) do not plant crops
- Lev 25:8-10 50<sup>th</sup> year of Jubilee year of Lord's favor
- Lev 23:10-21 Feast of weeks (Pentecost) 50<sup>th</sup> day

# Israel in the promised land

- Deut 12:10-11 But *when* you cross over the Jordan and dwell in the land which the LORD your God is giving you to inherit, and He gives you rest from all your enemies round about, so that you dwell in safety,  
  <sup>11</sup>then there will be the place where the LORD your God chooses to make His name abide. There you shall bring all that I command you: your burnt offerings, your sacrifices, your tithes, the heave offerings of your hand, and all your choice offerings which you vow to the LORD.
- Deut 28:1-13 If you keep God will bless your land
- Deut 33:12 “Let the beloved of the LORD rest secure in him, for he shields him all day long, and the one the LORD loves rests between his shoulders.”

# **God gave them rest all around**

- Joshua 21:44 The LORD gave them rest on every side, just as he had sworn to their ancestors. Not one of their enemies withstood them; the LORD gave all their enemies into their hands.
- Psalm 37:7 Rest in the LORD, and wait patiently for Him; Do not fret because of him who prospers in his way, Because of the man who brings wicked schemes to pass.
- Psalm 62:1-5 Truly my soul finds rest in God; my salvation comes from him. <sup>2</sup>Truly he is my rock and my salvation; he is my fortress, I will never be shaken.

## **There remains a rest for the people of God**

- Hebrews 4:1-11 Therefore, since the promise of entering his rest still stands, let us be careful that none of you be found to have fallen short of it. <sup>2</sup> For we also have had the good news proclaimed to us, just as they did; but the message they heard was of no value to them, because they did not share the faith of those who obeyed.
  - Psalm 95 warning of David “Today if you hear my voice, harden not your hearts”
  - 8-11 For if Joshua had given them rest, God would not have spoken later about another day. <sup>9</sup> There remains, then, a Sabbath-rest for the people of God;

# **Jesus is the True Rest**

- Luke 4:16-21 Jesus read from Isaiah 61 today this scripture is fulfilled in your hearing
- Isaiah 61:1-3 year of the Lord's favor
- Matthew 11:28-30 “Come to me, all you who are weary and burdened, and I will give you rest. <sup>29</sup>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. <sup>30</sup>For my yoke is easy and my burden is light.”

# Take My YOKE upon You

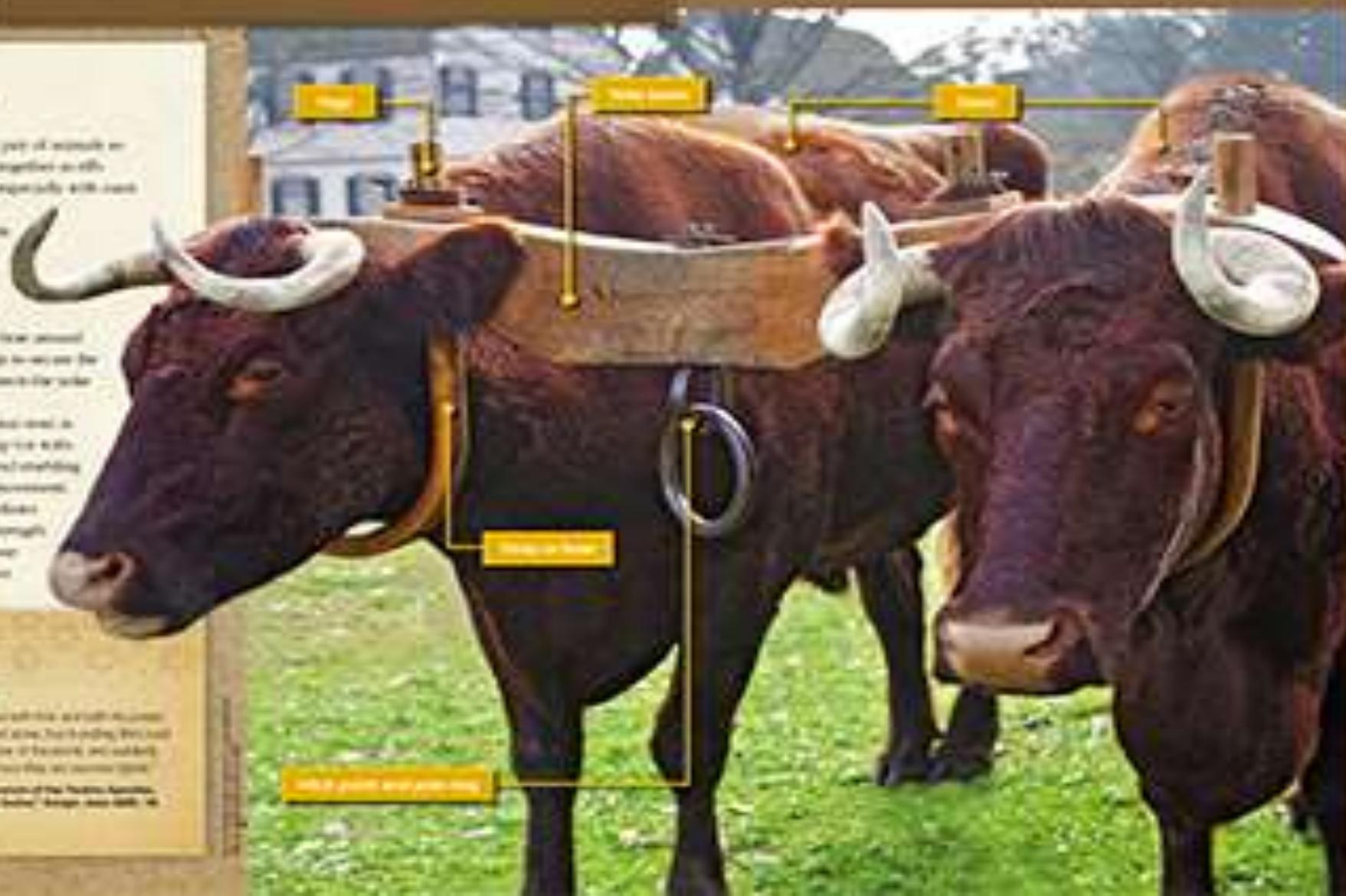
A simple tool for harnessing animals became a central theme in the Savior's instruction to come to Him.

## A Double Yoke

**Purpose:** In former, a pair of mules or donkeys were drug together in opposite directions. This is especially difficult for driving and pulling.

**How It's Made:** A wooden yoke connects both a single yoke of wood to those two together so that the animals can pull together. It is a wooden yoke and a leather strap.

**How It Works:** The leader and a team of the animals bring the weight of the yoke, distributing weight and creating forward and counter-clockwise movement. Strong necks and robust teams of animals are able to strength to pull together without one being strained by the other.



## Related with this Photo

The animals harnessed together in a double yoke, performing work that could never be done by one animal alone. From the yoke, they must work with the leader and resilience of the second, and suddenly and spontaneously, overcome difficulties and accomplish goals.

By Russell M. Nelson, of the Institute of the Brethren Brothers. The Brethren constituency of The Church of Jesus Christ of Latter-day Saints. 14



"Come unto me, all ye that labor and are heavy laden, and I will give you rest."

"Take my yoke upon you, and learn of me; for I am gentle and lowly in heart: and ye shall find rest unto your souls."

"For mine yoke is easy, and my burden is light."

Matthew 11:28-30

## What We Can Learn A YOKE IS:

### Designed to carry burdens.

Why does the human weight of an animal have such little weight? When we compare and contrast the horses, we learn that leaders are strong and prone to power and control.

### Designed to help great weight move.

With the leader's power, two can help to move heavy items (up to 1,000), and they will work well together (about 1,000). And while three or four may not be needed much,

### Customized to fit a life plan.

When you see other tools (such as the law, because the law helps us live in harmony with our true nature), "The yoke of suggestion" (Matthew 11:12), and "because the horses become an aid and resource in faithfully serve above" (v.13).



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