

### **3-26-26 – PJ Praise - Weary Ones Have Rest**

Comfortable praise & worship. That's what Jesus wants too.

Jesus wants us to come to Him as our **true self & rely** on Him.

**Matt. 11 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."

So what is a yoke?

- **Yoke** - wooden bar harnessed/necks /pair of oxen to bring them under submission enabling them to do the work the farmer has for them
- Training younger oxen - yoke them to older, experienced oxen.
  - o If we take the yoke of Jesus – walk as a pair - **what can we learn?**

#### **1. We don't have to worry.**

- We can't change most of what we worry about. Jesus can.
  - o **Why do you worry? Heavenly Father knows what U need. Mt. 6**
    - Quit carrying worry w/ you. **Trust** in One who can change.

#### **2. We aren't alone.**

- We are **paired w/Jesus**...that's what He wants. **Together** thru life.
  - o **"I will never forsake or leave you."** You won't be abandoned.
    - You paired? Alone? It's exhausting. Aren't you tired?

#### **3. We don't need to be afraid of life's challenges.**

- Blind man healed **"so the power of God would be displayed"** – **Jn. 9:3**
- Lazarus is sick – **"No, it is for the glory of God, so that the Son of God may be glorified through it."** – **John 11:4**
- **John 11:40** - Jesus replied, **"Did I not tell you that if you believed, you would see the glory of God?"**
  - o Why did Jesus delay? Faith. No worry & not alone
    - Our problems are opportunities for **God** to be **glorified**.

#### **4. We try to do too much on our own. Independent.**

- We try to figure out the result . . . make it happen. Our power, will.

- **John 15:5** – “The one who remains in Me, and I in him, will bear much fruit. For apart from Me you can do nothing.”
  - Whatever we set out to do . . . we need Jesus.
  - **Philippians 4:13** – “I can do all things through Christ who gives me strength.”
    - Remember that when you’re tired . . . you **need Jesus**.

We carry too many burdens. Some are from life, some imposed by others.

**Heavy Laden** – “Come to me, all who labor & are heavy laden”

- **heavy laden** also refers to those **oppressed** by the **religious legalism** imposed on people by the scribes and Pharisees.
  - **Matt. 23:4** – NLT - “They crush people with unbearable religious demands and never lift a finger to ease the burden.”
- Jesus was upset by all the man-made rules . . . nothing to do w/love.
  - Can’t do work on Sabbath... can’t be unclean/defiled. **No mercy**.
    - So worried about rules, not living in love. **Good Samaritan**
- **Today’s church has other rules:**
  - Don’t disagree with the Pastor... be unloyal. Ego.
  - Everyone in the ministry is called by God and must be trusted.
  - If you speak about the problem out loud, you are the problem.
  - Women can’t be leaders... pastors/elders/ordained. Be silent.
    - Saddleback Church (CA) & Fern Creek Bapt (KY) – removed from “friendly cooperation” - June 2023.
      - Rev. Linda Barnes Popham
  - Dress appropriately. . . Be a sheep that doesn’t stand out
- Also heavy-laden with wrong concepts.
  - “**You’re just not praying hard enough**” ... God doesn’t take everything away; grace to handle it. Paul. **Grace is enough**.
  - “**Unity means agreeing about everything**.” . . . Nope. Unity means love even though we disagree. Not condescending. “*Pray for your spiritual health.*” Not Stepford Wives. We’re unique.

- “**Something is wrong with you if you doubt.**” We’re complex people; Church is where we wrestle w/doubts & issues.
  - Even the disciples had doubts.
  - **The Great Commission** – Matt. 28:16-17 – “the eleven disciples went to Galilee, to the mountain Jesus had designated. **17**When they saw Him, they worshiped Him, but some doubted.”
    - **Jesus:** “I am **gentle and humble in heart, find rest**”
    - This is the place to deal w/ it. Safe place.

**What Jesus Didn’t Say:** We won’t have any burdens if we hitch to him.

Pairing w Jesus doesn’t mean no problems in life.

- Suitcase packed full - too heavy to carry. But – with wheels - burden is lighter even tho circumstances haven’t changed.

God puts wheels on our burdens – pair w/ Jesus – **take His yoke.**

Lighten the load u carry!