

Rest

Matthew 11:28-30

I. Finding the Place of Rest

- A. We can make a place for rest (Psalm 131).
- B. Resting often follows when the Spirit strongly testifies that we are God's children, and we no longer live in fear (Romans 8:14-16; I John 4:18-19).
- C. Resting is a place of confidence and faith (Psalm 27:1-8, 13-14).
- D. Resting causes endurance (Isaiah 40:27-31).
- E. Resting is an inner place of strong confidence (Psalm 46:1-11).

II. Trusting the Good Shepherd Who Has a Gentle and Humble Heart (John 10:11-15).

- A. Knowing our true identity with the Good Shepherd causes rest.
- B. The Good Shepherd constantly cares for His sheep (Psalm 23).
- C. His sheep know His voice, because He is always speaking (John 10:27).
- D. The Good Shepherd is yoked (partnered) together with us, and "His yoke is easy, and His burden is light" (Matthew 11:28-30).

III. Resting in the Wind and the Waves

- A. Jesus rested in the solitary place (Mark 1:35). He also rested in the storm (Mark 4:35-41).
- B. Resting is a powerful weapon that overcomes the enemy.
- C. Guarding the "living room" of your life (Luke 10:38-42)

*Mike Hudgins
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