



SERIES: A SEASON OF HOPE
SPEAKER: NAT CRAWFORD
Wednesday, December 23, 2020
Scripture: Matthew 11:28-30, 1 Peter 5:7
TITLE: Rest and Peace

Do you feel exhausted after 2020? Frankly, I don't know how you couldn't. From pandemics to changes in jobs, to health concerns, to presidential elections, it has been a year that has caused people to run like they never have. Unfortunately, it leaves us lacking peace and exhausted. Does this describe you? If so, Jesus has a message for you that will radically change your life.

²⁸ Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. ²⁹ Take my yoke upon you. Let me teach you because I am humble and gentle at heart, and you will find rest for your souls. ³⁰ For my yoke is easy to bear, and the burden I give you is light." (Mat. 11:28-30, ESV)

Jesus says, "Come to me." Well, who's supposed to come to Him? Those who are tired and who carry very heavy burdens. Well, what does it mean to come to Jesus? It simply means to trust Him.

Do you trust Jesus? The first question is, do you trust Him as your Lord and Savior? Maybe you don't even know what that means. It means that you recognize that your life is a mess because of your sin. You make poor decisions that hurt yourself and other people. You've tried to play the game of religion. You've tried to make yourself look good in front of other people and God. But the reality is it's just never enough, so you turn from religion, you turn from your sin, and you turn to Jesus Christ. Jesus Christ said, "I came that I might seek and save the lost." Jesus said, "I live so you might live." All it takes to experience life in Christ is to surrender your sin to Him - to turn from your sin and trust in Him for the forgiveness of your sins and eternal Salvation.

So today, He says, "If you're tired and fearful, and you are carrying very heavy burdens, trust Me." But what's the result? He says, "I will give you rest."

When you read the word rest, isn't that something your heart just longs for? It makes you give a huge sigh of relief.

In the movie *The Mission*, with Robert De Niro, he carries this heavy load, as a way to display his repentance for enslaving Indian people. He carries this heavy burden by himself. He falls on his knees, and one of the Indians comes and cuts the rope. The burden is gone. De Niro cries like a baby. Finally, he can experience peace and rest.

If you desire that kind of rest, you have to listen to the rest of Jesus' words. He says first, "Come to me", and then He says, "Take my yoke upon you. Let me teach you". In other words, He is

saying, "Follow me." This is not where He cuts the rope, and you go off to your old ways. A yoke meant slavery - it meant following - but this yoke, this commitment, is not a burden. It is where you find the rest of your soul, as Jesus would say. Because that yoke is easy to bear, and the burden that He gives is light.

My challenge for you today is, if you are feeling exhausted and you'd like peace, truly come to Jesus. Peter would say: [cast your cares on Christ, because He truly cares for you. \(1 Pet 5:7\)](#) When you cast your cares on Him, you relinquish the control of your burdens. You let Him cut them off of you, and you allow His yoke - His way, His peace, His guidance, His kingship - to steer you through every hardship and every success.

Today, trust Jesus. Today, commit to Him your worries, your exhaustion, and follow Him. When you do this, be prepared to find rest and peace, like you never have before.