



SERIES: JANUARY – BECOMING SPIRITUALLY FIT

SPEAKER: NAT CRAWFORD

Thursday, 01/27/2022

Scripture: Matthew 11:28-30

TITLE: Coach Jesus

I've been coaching youth sports for nearly 8 years. Each kid is different. Their level of interest is different. Their athleticism varies. Their expectations differ. Each kid is unique and therefore needs a personalized touch.

The same is true for you and for me. None of us have the same background, experiences, education, religious education, or desires. But one thing is true for us all: we all need a coach who cares about us and knows the way to grow. There is no greater coach than Jesus Christ.

Listen to Jesus' words in Matthew 11:28-30.

“Come to me, all of you who are weary and burdened, and I will give you rest. Take up my yoke and learn from me, because I am lowly and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.”

Jesus Christ is the greatest coach ever because he has experienced life and passed the test with 100 percent. Jesus cares for you more than anyone else.

Think about what Jesus said here in Matthew 11. “Come to me.” What we miss is the intimacy this conveys. When my kids are hurting, or my wife feels broken, I don't say, “come to me but maintain social distance.” I open up my arms and allow them to fall apart as I hold them up.

This is what Jesus is offering us today. When we need care, guidance, empathy, and coaching, Jesus' arms are wide open. He says, when you're broken down and weak, he will give you rest. I love that it doesn't say, “I will sell you a nap.” He doesn't say, “If you do these three things for me, I'll throw you a bone.” He says, comes to me, and I will give you rest.

He says, “take my yoke upon you and learn from me.” Now, this isn't the yolk of an egg. It's like a yoke that would go around the neck of a mule or cow pulling a plow. It's a call to follow and be under Jesus. You see, the greatest athletes may think they don't need anyone, but they do. They are under the yoke of a coach to learn to win the game.

Well, coach Jesus says, “Come to me. Follow me. Learn from me. And when you do, you'll experience rest. You'll experience a life worth living.” Jesus is our coach. Will you go to him?

If so, here is my challenge for you today: come to coach Jesus. Many of us go rogue in life, hoping to get better results. The problem is it only leads us to greater trouble.

Today is the day to come to Jesus. To follow Him and begin to learn from Him. He cares for you. He loves you. He knows what's best. So come to Him today.

When we follow coach Jesus, we will win the day.