

Wellness Wholeness Holiness
“Yoke of Rest”
Matthew 11:25-30
October 26, 2025

Sermon Points:

1. The Weary Soul (Matthew 11:28)

- “Come to me, all you who are weary and burdened, and I will give you rest.”
- Jesus acknowledges the deep weariness of the human condition—emotional, mental, and spiritual.
- True wellness begins with holiness; healing starts when our hearts return to God.

2. The Hidden Things Revealed (Matthew 11:25–27)

- Jesus praises the Father for revealing divine truth to “little children,” those who are humble and dependent.
- Genuine understanding comes not through intellect but through surrender and trust.
- Amid judgment and hardship, Jesus displays joy and faith in the Father’s perfect plan.

3. The Great Invitation (Matthew 11:28–30)

- Jesus calls the weary to Himself, not to a program of self-improvement.
- His invitation is relational—He offers Himself as rest for the soul.
- This rest is grace-filled, received in humility and faith rather than effort.

4. The Gentle Yoke (Matthew 11:29–30)

- “Take my yoke upon you and learn from me, for I am gentle and humble in heart...”
- Before Christ, we carried the crushing yoke of sin and self-reliance.
- Jesus replaces it with His own—light, kind, and grounded in humility and love.
- His gentleness silences the heavy voices of expectation, shame, and comparison.

5. The Rhythm of Rest (Matthew 11:28–30)

- Jesus’ rest is complete—spiritual, emotional, and mental.
- He doesn’t remove struggle but shares the weight, making the burden light.
- We move from striving to trusting, learning to work from rest, not for rest.

6. Living the Rest (Matthew 11:28–30)

- Take Jesus at His word: come, surrender, and walk beside Him.
- Help others bring their burdens to Christ, embodying His gentleness as His church.
- The world’s crisis of weariness finds its hope in Jesus’ invitation: “You will find rest for your souls.”

Personal Notes
