

9th July 2017 **'Come to me... and I will give you rest'**
Matthew 11:16-19, 25-30 Romans 7:15-25

I wonder how you feel when we see yet another horrific situation unfold on our TV screens or in the newspapers? Sometimes maybe we get a bit de-sensitised to them but sometimes they hit home. The Grenfell Tower fire was like that to me. It sat very heavy on my heart for several days and still does when they re-show pictures of it or talk to the people affected by it. In some way I feel wearied by the tragedy and seeming injustice of the situation.

Other things can make us feel very weary or heavy hearted.

Maybe a person or family you know is facing yet another crisis of some sort or another?

Maybe you are experiencing a health issue that seems to go on and on?

Perhaps there seems to be way too much month left over with the bank account nearing empty?
Yet again!

Maybe age has been creeping up on us and we are feeling weary in our spirit? We can't do things that we used to do and still want to do.

Maybe we are feeling well but afraid of getting older

Perhaps we are spending a lot of time caring for someone with challenges of one sort or another?

Lack of direction or purpose in your life?

I could keep going... there may be many things that are, today, making us feel weary.

As if we are carrying a heavy load on our shoulders or in our hearts

Well! I have GOOD news for you

Jesus says COME to ME

Jesus' close friend Matthew records in our reading that Jesus said

Come to me all you that are weary and are carrying heavy burdens

And I will give you rest

Let's have a look at these last few verses of the Gospel reading from today.

Focus on Matthew 11:28-30

THE CONDITION of the invited
who are weary and are carrying heavy burdens

I suspect that many, if not all of us, are in some way weary and carrying a heavy burden, feeling weighed down by something, so situation that has not, or seems will not, change. Some of the people Jesus was talking to knew what it was to be weighed down by religious regulations, regulations that the Pharisees imposed so tightly that they had become a burden to people.

Jesus spoke out against that on many occasions. Following Him was not to be about being burdened by rules and regulations not about legalism but about faith in Him.

Maybe some of us feel burdened by rules and regulations?

Whatever it is, whatever weighs heavy on our hearts Jesus says to COME, COME to ME

ALL OF YOU who are WEARY and CARRYING HEAVY BURDENS

THE INVITED

all you

To whom is Jesus offering this invitation?

He is accused of being a friend of tax collectors and sinners and yes! He invites them
He touched the sick, those who suffered from contagious skin diseases and had to carry a bell
with them warning people that they were near Yes! Jesus invited them

The reading says that He invites ALL

people often don't feel that the invitation is extended to them because

I'm not good enough

I got myself into this. I will get myself out of it!

News for you. None of us are good enough. None of us deserve it BUT Jesus invites us ALL

Well - there is one condition...

INVITATION

Come to me

Jesus inviting us to come to Him come to ME he says

Where do we run to? To what or who do we run when we are feeling weighed down with
something?

come to ME

There are lots of good places to go, lots of people that may be able to help us

Friends here in church may be somewhere we turn to

But ultimately coming to Jesus is the answer Can meet Him in church or anywhere else

What is important is that we come to Him When our souls feel weary, when we don't seem to be
able to get that inner rest, that inner peace from anywhere else remember

Jesus is say to ALL of us COME COME to ME

We are invited to take action... Come We have to take that step / make the response

COME - in surrender embrace bringing everything, giving of self

Intimacy active

we say words in communion that invite is to COME because JESUS invites is to come to Him

COME to ME Jesus says

THE PROMISE

and I will give you rest.

THE RESULT

and you will find rest for your souls.

Don't we long for that? For true REST

I wonder what you mean by rest? What you dream that will mean?

Rest - Jesus promises REST for our SOULS can be found if we COME To HIM.

Rest - linked back to Gen 2:2 when God takes a rest from His work on the 7th day

Not lack of activity but fulfilment and contentment

Words of maybe best known psalm - David wrote The Lord's my Shepherd... I shall not want

Other translations

Because the Lord is my Shepherd, I have everything I need (Living)

God, my shepherd I don't need anything (Message)

David found true rest in God

Cannot find it in this world

Restlessness, looking, searching for it in something or someone else (Sin) and we will ultimately be disappointed

Solomon - wise man - said you can do this that and the other strive after lots of things but it is all vanity!

Jesus invites us here to COME to ME (Jesus) and HE will give you rest, rest from all that you strive for, REST in your inner most being, in your soul

Reading from Romans 7 this morning is all about unrest, battling between sinful self and God's ways

COME to ME

Battle belongs to God

Going to sing during Communion Be Still & Know that I am God

Have faith in HIM because He WILL give you rest

The invitation is there to all of us and His promise is that if we COME, in surrender He WILL give rest to our souls

I would love you to do something this week

Take your Pew Sheet home and underline / highlight the last 8 lines of the reading from Matthew and read it every day slowly knowing that God sees us on the inside as well as the outside

And if you can set 10/15 minutes aside, in a quiet place where you won't get interrupted and come, come just as you are and sit, imagining God at your side

Be honest with Him about whatever it is that wearies you or weighs heavy on your heart and let Him give you rest, rest for your soul

THE INSTRUCTION

Take my yoke upon you and learn from me

THE REASON to come to Him

for I am gentle and humble in heart

THE BENEFIT of the whole process

For my yoke is easy and my burden light