

JESUS: THE GREATEST LIFE OF ALL
RESTING IN CHRIST
MATTHEW 11:28–30



The Heart of the Matter

Judging by the latest pharmaceutical statistics, our culture is stressed out, anxiety ridden, depressed, and unable to sleep. The pursuit of happiness has taken a heavy emotional toll that physicians cite as the source of a multitude of physical illnesses. And religion, with its endless rules and demands, only adds extra burden to an already-strained life. Jesus, however, offered a simple—though not simplistic—solution to the problem when He said, “Come to Me.” The alternative He offers is rest.



Discovering the Way

1. Jesus Invites Us to Find Rest in Him (Matthew 11:28)

Jesus extends a simple invitation to all who need rest—“Come to Me.”

2. Jesus Invites Us to Exchange the Burden of Works for His “Burden” (Matthew 11:29–30)

Jesus knows our stress and our overburdened lives. He invites us to lay our burdens down and take up His easy yoke.

3. Jesus Invites Us to Learn from Him

Jesus offers Himself as the example of restful living—of how to cope, bear up under stress, handle pressure, and stay focused without being uptight.

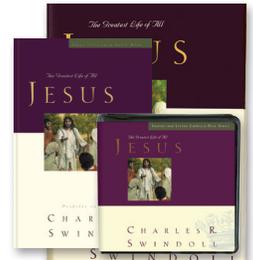


Starting Your Journey

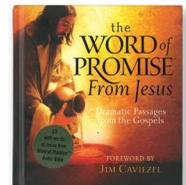
Resting in Christ involves at least two things we must do. First, refuse to fight our own battles. Second, invite the Lord to take control of our lives each morning.



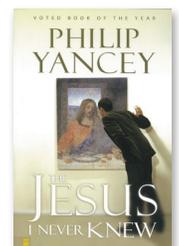
Tools for Digging Deeper



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by Charles R. Swindoll
softcover book, CD series,
and Bible Companion



The Word of Promise from Jesus
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