

Overscheduled? Jesus Came to Give Rest!
Pastor Steve Wells | July 10, 2011

Focal Passages:

Matthew 11:28-30 | Mark 1:9-39 | Luke 10: 38-42 | John 5: 19-20

²⁸ “Come to me, all you who are weary and burdened, and I will give you rest. ²⁹ Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. ³⁰ For my yoke is easy and my burden is light.” *Matthew 11:28-30*

Matthew 11:28-30 – word study

- Weary – exhausted & worn out
- Burdened- overloaded & weighted down
- Rest – like after exhaustive labor or work.
- Yoke - balanced.
- Learn from me – by Christ’s example
- Gentle – meekness with strength
- Humble – God reliant not Self Reliant
- Rest – fully satisfied
- Easy & Light- manageable

v.29 Jesus said take my yoke upon you and learn from me.

Mark 1:9-39 – What can we learn from the busiest guy on the planet?

- Jesus’ ministry was just getting started.
- Jesus was selecting and mentoring new leaders.
- Jesus drove out evil spirits.
- Jesus healed many.
- Jesus drew a crowd.
- Jesus prioritized his time with God. (v. 35)
- Jesus obeyed God in his time management.
- Jesus said NO to what seemed to be a good thing.

Consequences of our Busyness

- Over-Commitment impacts our relationship with God.
- Your relationship with God can not grow without spending uninterrupted time with Him.
- Serving God is no substitute for spending time with God. (Luke 10:38-42)
- Busyness keeps us from participating in God’s Will.

DR. CHARLES F. STANLEY

“Busyness is a thief that steals precious opportunities to enjoy and serve God. It would be tragic to disobey the Lord and then wonder for the rest of our lives what He might have done in and through us. How much better to submit our time and plans to Him now and know the fulfillment that comes from accomplishing what we were created to do.”

5 Steps To Rest

1. GET ALONE WITH GOD
2. SIMPLIFY YOUR LIFE
3. Know your WEAKNESS as reveal in scripture.
4. WAIT on the Lord.
5. OBEY and leave the consequences to God.

My Decision Today:

I know that God wants me to do _____ with my life.

What area of my life is over-scheduled?

What area in my life do I sense God saying to me to stop doing?

NOTES: _____

