

# The Rule of Peace And Health

*Promise: Jesus brings peace in our hearts now and eternal peace later*

Pastor Timothy A. Duesenberg

Zech 9:9-12; Ps 145:1-15; Rom 7:14-25a; [Matthew 11:25-30](#)  
(5<sup>th</sup> Sunday after Pentecost (Pr 9), 7/5/20)

*Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. – v. 29*

**Lead In** – Last week we reflected on Jesus' words in Mt. 10:34, "Do not think that I have come to bring peace to the earth. I have not come to bring peace, but a sword." Jesus went on to describe the difficult path of being His follower. And now this week, just one Sunday later, we hear Jesus speaking of a yoke that is easy and a burden that is light. What gives here?

## I. Seeming Paradoxes Grab Our Attention

- First Lesson pictures coming reign of peace...
- The two senses of the reign of peace...
- Second Lesson reminds us of present oppression!

## II. Jesus Said In This World You Will Have Tribulation

- Remember our three enemies?
- How long is the uphill and difficult path?

## III. So What Is Jesus' Invitation Saying?

- He will allow us to exchange one yoke for another!
- No yoke is harsher and heavier than of sin!
- Jesus takes care of His own on the hard path...

**Parting Shot** – On our Nation's Independence Day weekend it is easy for us to have a false and deadly notion of what freedom is. We can actually imagine that we are under no one's yoke, not the devil's, not the Lord's, not the state, no not nobody! No one tells me what to do! O, yah? Well try freeing yourself from sin and from dying. So think again, whose yoke you are actually under. Do you know what our most important Independence Day is?...

**Zech 9:9-10** Rejoice greatly, O daughter of Zion! Shout aloud, O daughter of Jerusalem! behold, your king is coming to you; righteous and having salvation is he, humble and mounted on a donkey, on a colt, the foal of a donkey. I will cut off the chariot from Ephraim and the war horse from Jerusalem; and the battle bow shall be cut off, and he shall speak peace to the nations.

**Rom 5:1** Therefore, since we have been justified by faith, we have peace with God through our Lord Jesus Christ.

**Isa 11:6** The wolf shall dwell with the lamb, and the leopard shall lie down with the young goat, and the calf and the lion and the fattened calf together; and a little child shall lead them.

**Rom 7:18** For I know that nothing good dwells in me, that is, in my flesh. For I have the desire to do what is right, but not the ability to carry it out.

**Rom 7:23-24** I see in my members another law waging war against the law of my mind and making me captive to the law of sin that dwells in my members. Wretched man that I am! Who will deliver me from this body of death?

## Matthew 11:25-30 ESV

*Come to Me, and I Will Give You Rest*

<sup>25</sup>At that time Jesus declared, "I thank you, Father, Lord of heaven and earth, that you have hidden these things from the wise and understanding and revealed them to little children; <sup>26</sup>yes, Father, for such was your gracious will. <sup>27</sup>All things have been handed over to me by my Father, and no one knows the Son except the Father, and no one knows the Father except the Son and anyone to whom the Son chooses to reveal him. <sup>28</sup>Come to me, all who labor and are heavy laden, and I will give you rest. <sup>29</sup>Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. <sup>30</sup>For my yoke is easy, and my burden is light."

**Jn 16:33** I have said these things to you, that in me you may have peace. In the world you will have tribulation. But take heart; I have overcome the world.

**Mt 7:13-14** Enter by the narrow gate. For the gate is wide and the way is easy that leads to destruction, and those who enter by it are many. For the gate is narrow and the way is hard that leads to life, and those who find it are few.

**Rom 6:23** For the wages of sin is death, but the free gift of God is eternal life in Christ Jesus our Lord.

**Jn 8:34** Jesus answered them, "Truly, truly, I say to you, everyone who commits sin is a slave to sin.

**Ps 6:1-2** O LORD, rebuke me not in your anger, nor discipline me in your wrath. Be gracious to me, O LORD, for I am languishing; heal me, O LORD, for my bones are troubled.

**Ps 32:1-4** Blessed is the one whose transgression is forgiven, whose sin is covered. Blessed is the man against whom the LORD counts no iniquity, and in whose spirit there is no deceit. For when I kept silent, my bones wasted away through my groaning all day long. For day and night your hand was heavy upon me; my strength was dried up as by the heat of summer. (cf. Ps 38; 51; 102; 130; 143)

**Gal 5:1** For freedom Christ has set us free; stand firm therefore, and do not submit again to a yoke of slavery.

**The War of Independence:** Was fought at Golgotha, with Jesus the power of the only truly innocent sufferer atoned for our sins and thereby overcame death and the devil. The Resurrection proves that Jesus won the decisive victory on Good Friday.

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## Psalm 145:1-15

<sup>1</sup>I will exult you, O **God** my king,\*  
and bless your name  
fore**ver** and ever.

<sup>2</sup>Every day **will** I bless you\*  
and praise your name  
fore**ver** and ever.

<sup>3</sup>Great is the LORD  
and greatly **to** be praised;\*  
there is no end **to** his greatness.

<sup>4</sup>One generation  
shall praise your works **to** another\*  
and shall **declare** your power.

<sup>5</sup>I will ponder the glorious splendor  
**of** your majesty\*  
and all your **marvelous** works.

<sup>6</sup>They shall speak of the might  
of your **wondrous** acts,\*  
and I will tell **of** your greatness.

<sup>7</sup>They shall publish the remembrance  
of **your** great goodness;\*  
they shall sing  
of your **righteous** deeds.

<sup>8</sup>The LORD is gracious  
and full **of** compassion,\*  
slow to anger and **of** great kindness.

<sup>9</sup>The LORD is loving to **everyone**\*  
and his compassion  
is over **all** his works.

<sup>10</sup>All your works praise **you**, O LORD,\*  
and your faithful **servants** bless you.

<sup>11</sup>They make known  
the glory **of** your kingdom\*  
and speak **of** your power;

<sup>12</sup>that the peoples  
may know **of** your power\*  
and the glorious splendor  
**of** your kingdom.

<sup>13</sup>Your kingdom  
is an ever**lasting** kingdom;\*  
your dominion endures  
Through**out** all ages.

<sup>14</sup>The LORD is faithful in **all** his words\*  
and merciful in **all** his deeds.

<sup>15</sup>The LORD upholds all **those** who fall;\*  
he lifts up those  
what **are** bowed down.

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