

Rest for Weary Souls

Promise: Christ equips us and care for us in what He calls us to do
Pastor Timothy A. Duesenberg

Zech 9:9-12; Psa 145:1-14; Romans 7:14-25a; Matthew 11:25-30
(6th Sunday after Pentecost, Pr. 9), 7/5/26

“Come to me, all who labor and are heavy laden, and I will give you rest.” – Mt 11:28

Lead In – In the beloved and memorable 23rd Psalm we read of the Lord being the Good Shepherd who, in the words of the Psalmist, “makes me lie down in green pastures. He leads me by the still waters. He restores my soul.” Here we are regarded as sheep. And like sheep without a shepherd, we have too many bothers and worries to be at peace, find rest, and to have our souls restored. But with Christ as our shepherd things are different.

I. All We Like Sheep. What Makes Us Toss and Turn?

- A. The vulnerability of sheep...
- B. The things that weigh us down...

II. Jesus Offers a Gracious Invitation and Promise

- A. The reliability of His great promise...
- B. The promise is conditioned upon a yoke...
- C. We will be yoked, but which yoke is the question...

III. How Christ’s Yoke First Comes to Us

- A. Christ chooses us and sets us free...
- B. We are fitted and clothed with His yoke...
- C. The ongoing nature of being clothed in Christ...

Final Word – When our Lord Jesus spoke in John 4:34 that his food was to do the will of His Father, this indicates that there is strength and nourishment in doing what God wants us to do. When Jeremiah the prophet says, “Your words were found, and I ate them, and Your words became to me a joy and the delight of my heart.” He is implying that he has trustingly come under the yoke of the Lord and His Word. This yoke has graciously been given us in Baptism. Wear it, and none other, and you will find joy, meaning, strength, and pleasure in what He instructs you to do. It will seem light and easy. You may be able to sleep at night without tossing and turning. Amen.

Ps 23:2-3a He makes me lie down in green pastures. He leads me beside still waters. He restores my soul.

Mt 11:25 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

Ge 3:19 By the sweat of your face you shall eat bread, till you return to the ground, for out of it you were taken; for you are dust, and to dust you shall return.

Ge3:17-19 Cursed is the ground because of you; in pain you shall eat of it all the days of your life; ¹⁸thorns and thistles it shall bring forth for you; and you shall eat the plants of the field.

Ps 38:3 There is no soundness in my flesh because of your indignation; there is no health in my bones because of my sin.

Mt 11:29 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.

Matthew 11:25-30 ESV

Come to Me, and I Will Give You Rest

²⁵At 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; ²⁶yes, Father, for such was your gracious will. ²⁷All 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. ²⁸Come to me, all who labor and are heavy laden, and I will give you rest. ²⁹Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. ³⁰For my yoke is easy, and my burden is light.”

Dt 28:47-49 Because you did not serve the Lord your God with joyfulness and gladness of heart, because of the abundance of all things, ⁴⁸therefore you shall serve your enemies whom the Lord will send against you, in hunger and thirst, in nakedness, and lacking everything. And he will put a yoke of iron on your neck until he has destroyed you. ⁴⁹The Lord will bring a nation against you from far away, from the end of the earth, swooping down like the eagle, a nation whose language you do not understand,

1Ki 12:10-11 And the young men who had grown up with him said to him, “Thus shall you speak to this people who said to you, ‘Your father made our yoke heavy, but you lighten it for us,’ thus shall you say to them, ‘My little finger is thicker than my father’s thighs. ¹¹And now, whereas my father laid on you a heavy yoke, I will add to your yoke. My father disciplined you with whips, but I will discipline you with scorpions.’”

Ac 15:10-11 Now, therefore, why are you putting God to the test by placing a yoke on the neck of the disciples that neither our fathers nor we have been able to bear? ¹¹But we believe that we will be saved through the grace of the Lord Jesus, just as they will.

Ga 5:1 For freedom Christ has set us free; stand firm therefore, and do not submit again to a yoke of slavery.
Jn 8:31 “Truly, truly, I say to you, everyone who practices sin is a slave to sin.”

Jn 4:34 Jesus said to them, “My food is to do the will of him who sent me and to accomplish his work.”

Je 15:16 Your words were found, and I ate them, and your words became to me a joy and the delight of my heart, for I am called by your name, O Lord, God of hosts.

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Psalm *Psalm 145:1–14; antiphon: v. 19*

- ¹I will extol you, my | God and King,*
and bless your name forever and | ever.
- ²Every day I will | bless you*
and praise your name forever and | ever.
- ³Great is the LORD, and greatly | to be praised,*
and his greatness is un- | searchable.
- ⁴One generation shall commend your works to an- | other,*
and shall declare your | mighty acts.
- ⁵On the glorious splendor of your | majesty,*
and on your wondrous works, I will | meditate.
- ⁶They shall speak of the might of your | awesome deeds,*
and I will declare your | greatness.
- ⁷They shall pour forth the fame of your abundant | goodness*
and shall sing aloud of your | righteousness.
- ⁸The LORD is gracious and | merciful,*
slow to anger and abounding in | steadfast love.
- ⁹The LORD is | good to all,*
and his mercy is over all that | he has made.
- ¹⁰All your works shall give thanks to you, | O LORD,*
and all your saints shall | bless you!
- ¹¹They shall speak of the glory of your | kingdom*
and tell | of your power,
- ¹²to make known to the children of man your | mighty deeds,*
and the glorious splendor of your | kingdom.
- ¹³Your kingdom is an everlasting | kingdom,*
and your dominion endures throughout all gener- | ations.
- The LORD is faithful in | all his words*
and kind in | all his works.
- ¹⁴The LORD upholds all who are | falling*
and raises up all who are | bowed down.

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