

"Come to me, all you who are weary and burdened, and I will give you rest. 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. For my yoke is easy and my burden is light."

Matthew 11:28-30 (NIV)

Rest

I don't know how I got here. I'm not sure how I arrived at this place. **Can you be more a little more specific.** You know exactly what I am saying. You know what I don't even have the words to express. **Yes, I do. I'm not asking you to say more so that I will understand. I'm asking you to be more specific so you will understand.** Oh, I see. Then, I will say more. I'm weary. I'm worn out. I'm depleted and exhausted. I feel like I can go no further. I can't take another step. If someone asks anything else of me, I think I'll scream. **Maybe that's part of the problem.** What's that? **You have been saying yes to too many things. You have been running yourself ragged. You have wanted to say yes to doing a thousand different good things.** In saying yes to too many things, I have done nothing well. In saying yes to too many things, I have not done the most important things. My life has been random and scattered and unfocused. I have no direction. I have lost purpose. Now, I'm feeling paralyzed by what has been left undone. **That's a problem. That is a heavy weight. It is easy to see why you are weary and worn out.**

What do you want to do differently? What is most important to you? I want my life to be centered on you. I want to live in an intimate relationship with you. I want to draw near to you as you draw near to me. I would like to receive guidance and direction from you. I would like to receive purpose and meaning and hope from you. I would like my life to have a rhythm and balance that comes from you. **What would that rhythm and balance look like?** I'm not sure. **You don't need to be sure. Just tell me what is the desire of your heart.** I want to rest in you. I want to be refreshed by you. I want to be vibrant and alive in you. I want to be filled with joy that comes from you. I want thankfulness to overflow my life. I want to be energized by you. I want my life to overflow with all that you have given me so that I have boldness and power and vigor and energy in going out in the world to serve you. I want you to empower my life so that I can be effective in accomplishing whatever you ask me to go and do for you. You are on the right track. How so? **Your life is in need of balance. You need to rest in me so that you can be sent out by me. You need to receive power from me so that you can bear fruit for me. Will you come and rest in my presence? Will you allow me to fill you up so that you will have my power working in and through you?** Yes Lord, I will. **That will be very good.**

Lord, I have allowed myself to become weary. I have allowed myself to function on my own energy and strength. I have been running hard without rest. Help me to come to rest in your presence. Revive, refresh and restore my soul so I can vibrantly serve you. Amen

Prayer

ἄνω [{ ^Α/ Ἄ ^

"Come to me, all you who are weary and burdened, and I will give you rest. 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. For my yoke is easy and my burden is light."

NIV

Matthew 11:28-30

Prayer

ἄνω [{ ^Α/ Ἄ ^

Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. For my yoke is easy to bear, and the burden I give you is light."

NLT

Matthew 11:28-30

Prayer

ἄνω [{ ^Α/ Ἄ ^

"Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. 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. For my yoke is easy, and my burden is light."

NRSV

Matthew 11:28-30

Prayer

ἄνω [{ ^Α/ Ἄ ^

Come to Me, all you who labor and are heavy-laden and overburdened, and I will cause you to rest. [I will ease and relieve and refresh your souls.] Take My yoke upon you and learn of Me, for I am gentle (meek) and humble (lowly) in heart, and you will find rest (relief and ease and refreshment and recreation and blessed quiet) for your souls. For My yoke is wholesome (useful, good—not harsh, hard, sharp, or pressing, but comfortable, gracious, and pleasant), and My burden is light and easy to be borne.

AMP

Matthew 11:28-30

Prayer

Come To Me

"Come to Me, all who are weary and heavy-laden, and I will give you rest. "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. "For My yoke is easy and My burden is light."

NASB

Matthew 11:28-30

Prayer

ἄνω [{ ^Α/ Ἄ ^

Come to me, all who labor and are heavy laden, and I will give you rest. 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. For my yoke is easy, and my burden is light."

ESV

Matthew 11:28-30

Prayer

ἄνω [{ ^Α/ Ἄ ^

Come to Me, all you who labor and are heavy laden, and I will give you rest. 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. For My yoke is easy and My burden is light."

NKJV

Matthew 11:28-30

Prayer

ἄνω [{ ^Α/ Ἄ ^

"Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly."

MSG

Matthew 11:28-30

Prayer

ἄνω [{ ^Α/ Ἄ ^

Come to me and I will give you rest—all of you who work so hard beneath a heavy yoke. Wear my yoke—for it fits perfectly—and let me teach you; for I am gentle and humble, and you shall find rest for your souls; "for I give you only light burdens."

TLB

Matthew 11:28-30

Prayer

Come To Me

"Come to me, all of you who are tired and have heavy loads, and I will give you rest. Accept my teachings and learn from me, because I am gentle and humble in spirit, and you will find rest for your lives. The teaching that I ask you to accept is easy; the load I give you to carry is light."

NCV

Matthew 11:28-30

Come To Me

Day _____ Date _____

Prayer – Matthew 11:28-30

In Context: *Read Matthew 11*

Begin With Prayer:

Here I am Lord. I Am Listening.

Meditating On God’s Word: ***(What is God speaking to your heart?)***

"Come to me, all you who are weary and burdened, and I will give you rest. 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. For my yoke is easy and my burden is light." Matthew 11:28-30 (NIV)

Considering The Words: ***(What words speak to your heart?)***

"Come to me, | all you | who are | weary | and | burdened, | and I | will give | you rest. | 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. | For | my yoke | is easy | and | my burden | is light." Matthew 11:28-30 (NIV)

Praying The Scripture: ***(What prayer from your heart will you write?)***

Lord, I have allowed myself to become weary. I have allowed myself to function on my own energy and strength. I have been running hard without rest. Help me to come to rest in your presence. Revive, refresh and restore my soul so I can vibrantly serve you. Amen

What It Means: ***(What questions speak to your heart?)*** *(Suggested questions for small group discussion are in bold)*

When have you been so weary you could not keep moving forward in your life?

What is likely to leave you in a weary and fully depleted state of body, soul and spirit?

How are you guarding against allowing yourself becoming weary and fully depleted?

When has allowing yourself to become depleted hurt the vibrancy of your walk with the Lord?

How are you making it your regular practice to come to the Lord so you can find rest in Him?

How has coming to rest in the Lord’s presence given you refreshment in your body, soul and spirit?

How are you making sure that you only take on assignments that the Lord has given to you?

Living It Out: ***(What action step is God guiding your heart to take?)***

Come and rest in the Lord’s presence so that you can find refreshment for your body, soul and spirit.

Seeing It Happen: ***(What are you trusting God for in your heart?)***

Have faith that you will find refreshment as you come to rest in the Lord’s presence.

Get Ready To Share: ***(What can you share with others from your heart?)***

Share with another person or your small group how the Lord refreshes and restores your life as you come to Him.

Close With Prayer:

Quiet Yourself Before The Lord

Pause And Offer Prayers Of...

With An Attitude Of Faith Listen To What The Lord Wants To Say To You

Adoration... _____

Thanksgiving... _____

Confession... _____

Intercession... _____

Petition... _____

Journal

As You Quiet Yourself Before The Lord

What Do You Want To Say To Me Lord?

What Prayers Are You Praying Today?

Prayer Of Blessing

(What Prayer Of Blessing Can You Pray For Another?)

May you come to the Lord so He can give you rest.

Prayer To Carry

(What Prayer Would You Like To Carry Throughout Your Day?)

Lord, I will come to you so you can give me rest.

What Do You Want To Remember About Today?

A Question To Ask God

(What Would You Like To Ask God?)

Lord, how can I come to rest in you today?
