

# Tonight's

passage – **Matthew 11.25-30**

theme – **All about resting**

*There's a famous quote from a man called Augustine who said that our hearts are restless until they find their rest in God – in knowing God. We can only come to know Him through what Jesus has done for us. So, see if you*

*can spot the cross on every page!*



# resting



**Do some colouring!**



Try colouring in the picture here as today we're going to think about *why* we rest and *where* we rest and *how* we rest.

Have you ever had to sleep in a hammock?



Last Sunday we were seeing what the Bible says about



Tonight we're going to see what the Bible says about

# rest



**Read**  
**Matthew 11**  
verses 28-30

# Why we need to rest

28 'Come to me, all you who are weary and burdened, and I will give you rest.'



These words of Jesus are quite famous!

Probably because lots of people feel that they could do with a good rest!

Which is true! We all need rest!

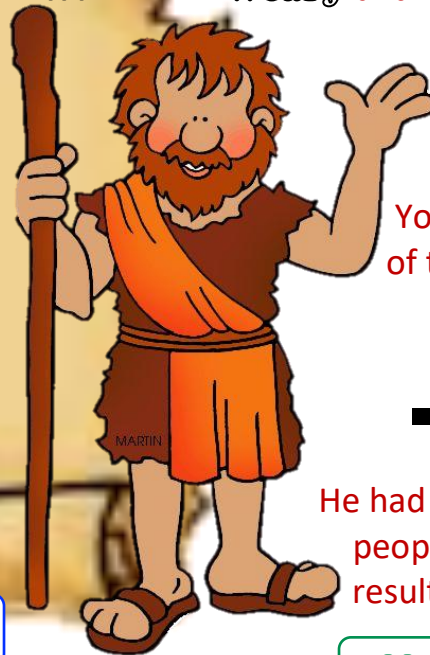
In the earlier part of the chapter, we're given an idea as to why people can get so weary and why they need to find rest.

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.

The chapter starts by telling us about this man.

You'll find his name in **verse 2** of the chapter. He was called

30 For my yoke is easy and my burden is light.'



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He had been working hard, telling people about Jesus and as a result he'd ended up in prison.

### Matthew 11.1-6

Sometimes we get weary because of all the things we've been trying to do for the Lord.

Especially when it's difficult to see any result from all our hard work. Like you have helped a friend and they don't seem to have noticed – or they've maybe even started making life hard for you.

That's one reason you end up pretty weary!

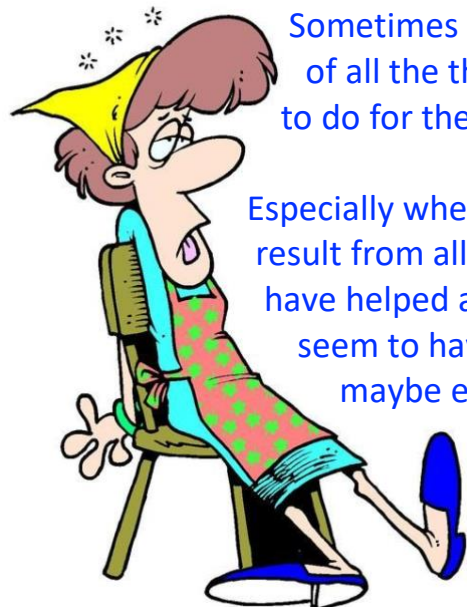
### Matthew 11.20-24

Sometimes, though, the reason why we get weary is because we've been refusing to work with the Lord and for the Lord.

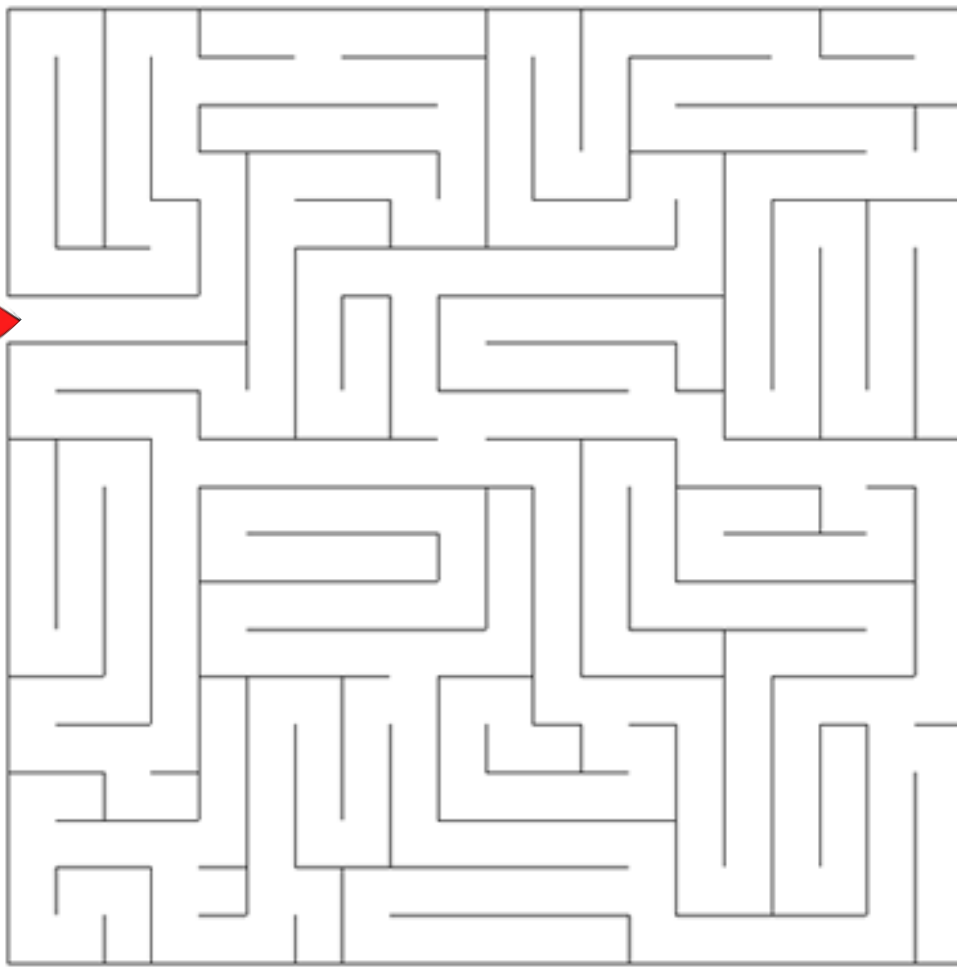
Jesus mentions some towns where He had been doing some amazing things.

Their problem, He said, was

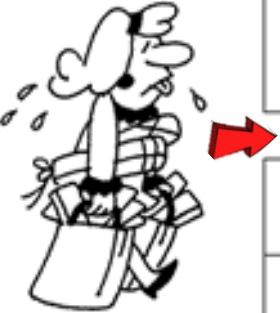
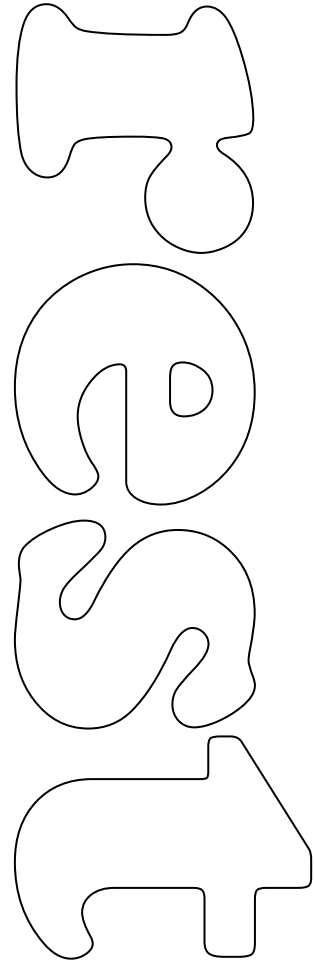
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Can you help the girl make her way to Jesus?



where to find



Jesus says that rest is found in a Person not a place: and He is that Person!

That's why He says to us all - 'Come to Me'

Come unto me, all ye that labour and are heavy laden, and I will give you

Take My yoke upon you ..

Rest

Jesus used a couple of pictures to explain what coming to Him and finding rest means.

.. and learn from Me



The first was the picture of oxen yoked together.

Rest means working with Jesus – sharing with Him in the work He's doing, the way two oxen will take the load together.

The second 'picture' Jesus used is that of an 'apprentice'. We learn from Jesus how to live life as we do the work with Him.

Jesus takes the **lead** and Jesus takes the **load!**



We join the Joiner from Nazareth!





# how to rest

# SPOT THE DIFFERENCE

God had told His people to **rest** on the 7<sup>th</sup> day. You can read about that in **Exodus 20.8-11** and in **Deuteronomy 5.12-15**. Look at the two passages and see if you can spot how they differ ....

Read

## Exodus

**20 verses 12-15**

<sup>8</sup> ‘Remember the Sabbath day by keeping it holy.

<sup>9</sup> Six days you shall labour and do all your work, <sup>10</sup> but the seventh day is a sabbath to the Lord your God. On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your animals, nor any foreigner residing in your towns. <sup>11</sup> **For in six days the Lord made the heavens and the earth, the sea, and all that is in them, but He rested on the seventh day.**

Therefore, the Lord blessed the Sabbath day and made it holy.

Read

## Deuteronomy

**5 verses 12-15**

<sup>12</sup> ‘Observe the Sabbath day by keeping it holy, as the Lord your God has commanded you.

<sup>13</sup> Six days you shall labour and do all your work, <sup>14</sup> but the seventh day is a sabbath to the Lord your God. On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your ox, your donkey or any of your animals, nor any foreigner residing in your towns, so that your male and female servants may rest, as you do. <sup>15</sup> **Remember that you were slaves in Egypt and that the Lord your God brought you out of there with a mighty hand and an outstretched arm.**

Therefore, the Lord your God has commanded you to observe the Sabbath day.

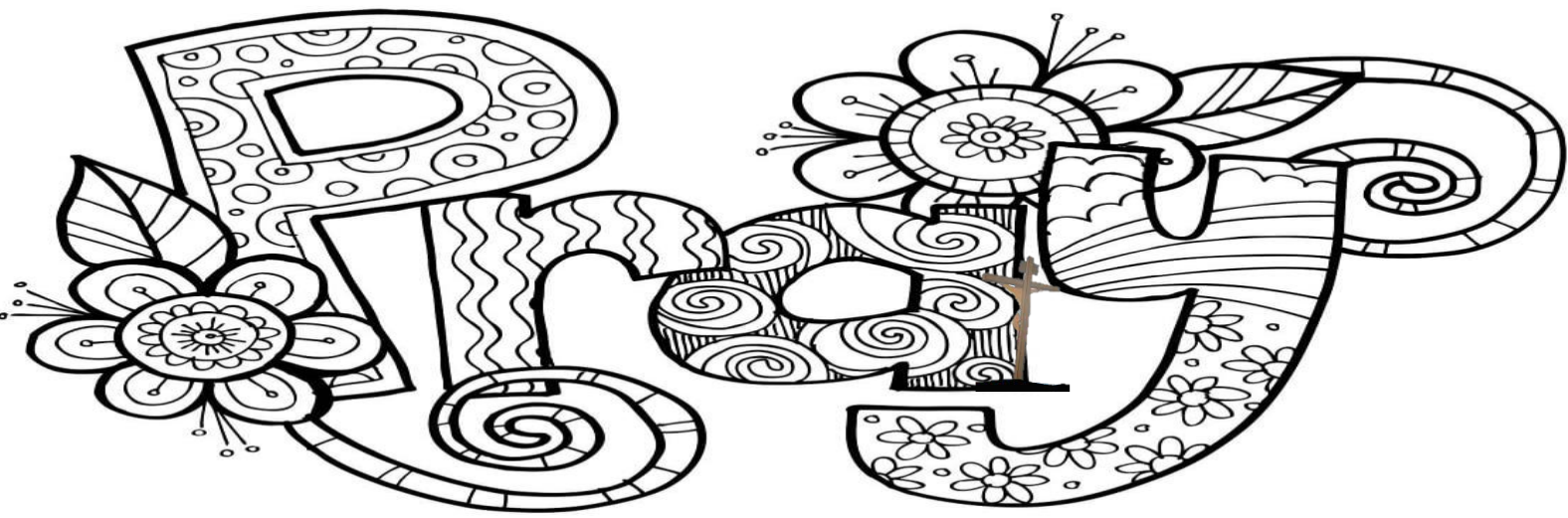
The biggest difference is in the reason God gives His people as to why they are to **rest** on the 7<sup>th</sup> day.

They were to **rest**, first of all, because that’s what God did – to enjoy what He’d done.

But they were also to **rest** as a reminder that we are not saved because of the work which we do, but because of what He’s done for us in and through Jesus: “the Lord your God brought you out” of slavery.

Resting on the sabbath isn’t about rules. It’s about our enjoying with God what He’s done – enjoying His world, and rejoicing in His saving work in Jesus.





*Think about what you've been learning in this worksheet.*

*Speak to God about what you've learned: if you want, use this prayer to help you*

**Thank You, Lord Jesus, for teaching us how to live.**

**I love the holidays – but sometimes I can be really lazy, just loafing around all day, doing nothing at all.**

**I'm sorry that sometimes I'm selfish, I can't be bothered to help out at home or do things with my friends.**

**But sometimes, too, I can be too busy, always running around trying to do too many things when a lot of them aren't really that important.**

**Forgive me when I'm too busy to have time for other people, and too busy to have time with You!**

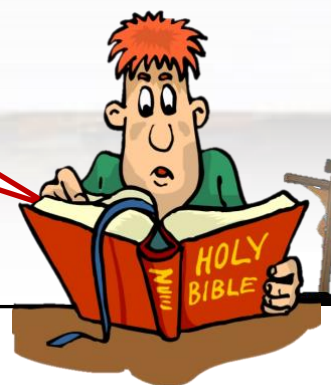
**Keep me from thinking I can live life on my own: help me to rest each day in what You have done for me in Jesus.**



# Today's verse for you to try and remember!

**".. Come unto Me, all  
you that are weary and  
burdened, and I will  
give you rest"**

**Matthew 11.<sup>28</sup>**



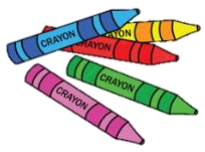
# A WORDSEARCH . . .

This Wordsearch is about 'the sabbath'!

J E H H B L V S T E A C H W J F L  
S Y I O X I V V L Q P I H S R O W  
N L H L L R B N A E E R U T A N H  
B T G Y A E C L N S R O U D V M H  
W O S S I S C R E B M E M E R E H  
S K U P C T S A T U R D A Y G W F  
A Z N I E F G E N E S I S Y I B Q  
N I S R P F L H O M R A S B L D I  
C F E I S J E S U S A U C O L O G  
T N T T U J F N C X N O V K G N H  
I O O J R F S O Q R V N J C O U X  
F I J C Z C G Z I D H K A R Z J S  
Y T J Z U T M S N P S D G A T H Y  
U A J T X A E O H A O B O A M F C  
Q E B T F A S A B B A T H G Y L X  
J R S O F J W G L Q A K T A W W A  
E C X I S E V E N T H L D G L T G

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Saturday	creation	remember	special	day
seventh	teach	Genesis	sunset	sunrise
nature	sanctify	Bible	God	Holy Spirit
Jesus	rest	holy	worship	Sabbath



# COLOUR in the pictures

COME TO ME, ALL YOU WHO  
ARE WEARY AND BURDENED,

AND I WILL  
GIVE YOU  
REST.



**MATTHEW 11:28**

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 11:29**

