

*Who Came? –  
Our Load  
Bearer*

*Matthew  
11:28-30*



## Teaching basketball team screening and blocking out process

- Getting them to understand and envision what is requested
- Walk through it slowly, demonstrating how, moving toward quickness
- Watching them get frustrated because it sounds simple, but the other person keeps moving
- Reminding them during the game over and over and over

## Teaching basketball team screening and blocking out process

- This is so much like our Christian walk
- We are learning skills to help us be successful in our daily Christian walk
- We have heard and have an understanding of the basic teachings of Jesus
- It sounds simple but the circumstances of life keep moving, changing

## **Teaching basketball team screening and blocking out process**

- We get frustrated because we forget them in the game of life and must keep reminding ourselves of them

## Teaching basketball team screening and blocking out process

- John Piper, “One of the reasons we don't know God deeply is that we don't venture much on his pledge to carry things for us. Knowing God with a sense of authentic personal reality, is not merely a matter of study. It is a matter of walking with him through fire and not being burned. It is a matter of not being crushed under a load because he carries it for you at your side.”

## **Teaching basketball team screening and blocking out process**

- You might ask this morning, “What does He carry? How does He carry it? How do I give Him my load to carry?”

## Scripture

- **Matthew 11:28-30 NLT**, 28 Then Jesus said, “Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. 29 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. 30 For my yoke is easy to bear, and the burden I give you is light.”

## In **Malachi 2:17 NLT**, “Where is the God of justice?”

- The question we started answering is, “Who came?”
- **John 1:14 NLT**, The Word became flesh and made his dwelling among us. We have seen his glory, the glory of the one and only Son, who came from the Father, full of grace and truth.
- Jesus is not just full of grace and truth, He is grace and truth
- Because of this we can come full of confidence before him or through His grace offered us

In **Malachi 2:17 NLT**, “Where is the God of justice?”

- **Hebrews 4:14-16 NLT**, 14 So then, since we have a great High Priest who has entered heaven, Jesus the Son of God, let us hold firmly to what we believe (*the teachings and example of Jesus Christ*). 15 This High Priest of ours understands our weaknesses, for he faced all of the same testings we do, yet he did not sin. 16 So let us come boldly (with great confidence) to the throne of our gracious God. There we will receive his mercy, and we will find grace to help us when we need it most.

In **Malachi 2:17 NLT**, “Where is the God of justice?”

- Jesus doesn't just sympathize with us
- He gives us truth, wisdom, strength, encouragement
- **Matthew 7:24 NLT**, “Anyone who listens to my teaching and follows it (*puts it into practice*) is wise, like a person who builds a house on solid rock (*instead of sand*).”

**In Malachi 2:17 NLT, “Where is the God of justice?”**

- You must grasp and understanding God’s Word was written to people like you, me, us
- Allowing the Word of God and the Spirit of God to remind you while in the game of life
- How do we do this? Jesus tells us in our verses this morning

## **A decision must be made to “come” to Jesus**

- There is a calling on the lives of all those who are weary and carrying heavy burdens
- Those who are self-sufficient will not listen, so the call is to those who are hanging on by their fingertips with no help in sight and no answers
- We have tried to do it on our own and be strong, faithful, joyous, and apply Christian principles of living but we know that is just a covering of our internal brokenness

## **A decision must be made to “come” to Jesus**

- We feel lost at sea without a beacon light guiding us
- We feel mentally exhausted trying to find answers or a way out
- We are physically shot running to one emergency then another to another
- We find ourselves – weary and burdened down

## **A decision must be made to “come” to Jesus**

- Weary - weary to the point of sickness; "spent," ready to collapse (especially from over-work)
- This weariness creates a weight we carry in minds, hearts, bodies, spirits until exhaustion takes over and we just can't anymore
- Notice this is offered for every type of weariness
- Some weariness is from grief, sorrow, sin, events of life
- Some taking on more than we are capable of
- Most trying to walk it alone

## **A decision must be made to “come” to Jesus**

- Come - To move towards; to advance near, in any manner, and from any distance
  - To advance and arrive at some state or condition
  - To become

## **A decision must be made to “come” to Jesus**

- We come to those things that are wearying us
  - We pick them up and try to see if we missed anything that will help and worry a bit about them
  - Then pick up the next worry block and do the same
  - Then repeat the cycle over and over again

## **A decision must be made to “come” to Jesus**

- Jesus instructs us to stop that way of processing our burdens and begin a new process
  - Come to Him, Move in the direction of Jesus Christ
  - It is a decision you must make to find a different way of dealing with your burdens and Christ has the answers
  - So often we stop at salvation, but Jesus offers us so much more living grace we are not applying
- How do we come to Jesus?

## A decision must be made to “come” to Jesus

- How would you come to a doctor?
  - You first identify a need
  - I’ve got something that is not healing on its own
  - You then carve out some time to go to their office
  - You schedule an appointment
  - You arrive on time and tell the doctor what is going on

## **A decision must be made to “come” to Jesus**

- How would you come to a doctor?
  - You must not leave anything out or the doctor might not have all the information they need for a correct diagnosis
  - You must let the doctor work without telling them how to do their job
  - You listen to their diagnosis, explanation, and treatment recommendations

## **A decision must be made to “come” to Jesus**

- How would you come to a doctor?
  - Then you must choose to follow their recommendations all the way to completion
  - Taking all your medicines as prescribed
  - Actually doing all the procedures as instructed
  - Then being patient, anticipating healing

## **A decision must be made to “come” to Jesus**

- It is the same way with laying your burdens on Jesus
  - You first identify a need(s)
  - I’ve got something that is not healing on its own and I have no direction
  - You then must carve out time in your schedule to go to His office – Scriptures
  - You arrive on time and lay it all out before His throne

## **A decision must be made to “come” to Jesus**

- It is the same way with laying your burdens on Jesus
  - What is inside must come outside verbally sometimes with great emotion
  - You must not leave anything set aside that you think you can deal with better than Him
  - You must let the Master work without telling Him what to do

## **A decision must be made to “come” to Jesus**

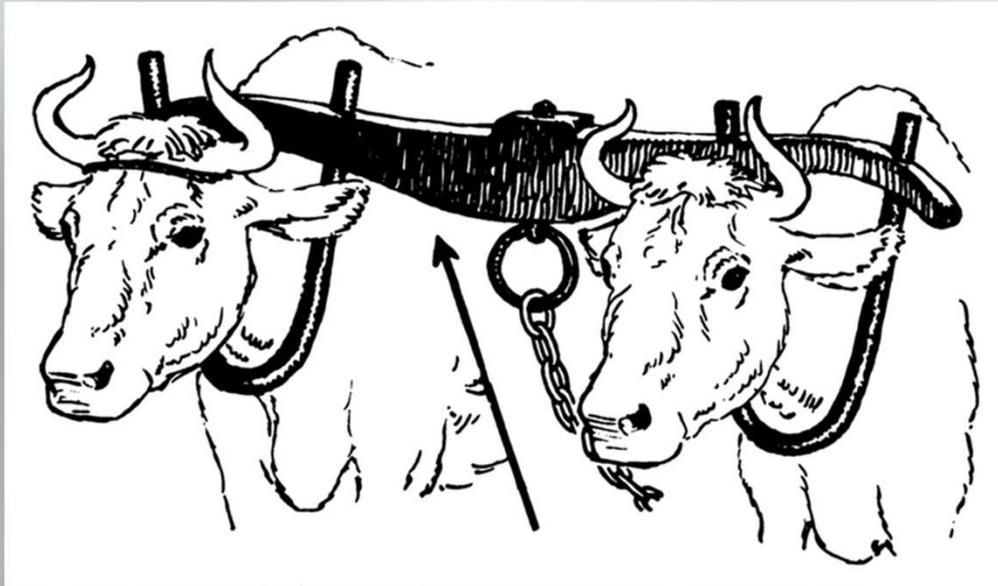
- It is the same way with laying your burdens on Jesus
  - You must be open and listen to His diagnosis, explanation, and treatment
  - Then you must choose to follow His recommendations all the way to completion, being patient, anticipating healing
- How do I know He will listen to me, guide me?

## A decision must be made to “come” to Jesus

- **John 16:12-14 NLT**, 12 “There is so much more I want to tell you, but you can’t bear it now. 13 When the Spirit of truth comes, he will guide you into all truth. He will not speak on his own but will tell you what he has heard. He will tell you about the future (*lead you into the future*). 14 He will bring me glory by telling you whatever he receives from me.”

## Pick up the yoke of Christ and put it on

- We are usually good at the coming to Jesus, but we really struggle with getting into His yoke
- “Take my yoke upon you” or “Change the yoke you are under”



## **Pick up the yoke of Christ and put it on**

- Well, that doesn't look or sound very appealing does it
- We must understand we are all yoked to something(s)
- We can be yoked to pride, anger, sin, addiction, failures, successes, hopelessness....
- These are like being in one side of the yoke and a 100-pound weight tied on the other side
- Jesus is offering you a yoke where He is pulling on the other side and guiding the load

## **Pick up the yoke of Christ and put it on**

- How to train oxen
  - Men and oxen must get used to each other
  - Two days before beginning the training, tie the oxen for a few hours to a tree, the animals will get used to being tied, and will be quieter
  - Always put the same ox on the same side of the yoke
  - To get young oxen used to the yoke, you can put the ox which is to be trained along with an ox already trained

## **Pick up the yoke of Christ and put it on**

- How to train oxen
  - Tie the oxen to be trained to the same yoke for 2 or 3 days
  - On the fifth day, get the oxen to walk in a straight line
  - When the animals are used to wearing the yoke and to walking side by side, tie a chain or a rope to the middle of the yoke, and to the other end of the chain or rope fix a piece of wood weighing about 85 pounds

## **Pick up the yoke of Christ and put it on**

- How to train oxen
  - When the oxen are used to wearing the yoke, and to walking while dragging something, you must teach them to walk straight ahead, to stop, to turn to the left, to turn to the right

## Pick up the yoke of Christ and put it on

- When Jesus called the disciples, He said in **Mark 1:17 NLT**, Jesus called out to them, “Come, follow me, and I will show you...!”
  - Come get in the yoke with me, let me lead you and you will become strong, joyous, and free....
  - Jesus came to give us freedom and that freedom begins by getting and staying in His yoke

## **Pick up the yoke of Christ and put it on**

- We see the yoke as holding the oxen back, but it is design to share the load and ease the work being performed
  - To accomplish what they were created for

## Pick up the yoke of Christ and put it on

- What kind of Master will Jesus be?
  - “I am humble and gentle at heart”
  - He understands what needs done, What you were created for, He loves and cares for you, and longs for you to be free *“to be”* in Him

## **Pick up the yoke of Christ and put it on**

- Where is Jesus taking Me?
  - Rest, peace, joy, abundance
  - “You will find rest for your souls” - which will feed all of the other elements of you
  - Your mind, body, and emotions

## Waiting for our souls

- A story is told of an exploring party in Africa which had employed a group of native carriers to go with them into the interior. Being in a hurry to reach their objective, the party was pushed relentlessly for several days. Finally, the natives just sat down and would go no farther. Asked what was the matter, the superstitious natives replied, "We are waiting for our souls to catch up with our bodies."

## Waiting for our souls

- I feel like that is us at times
  - **Psalms 46:10 NLT**, “Be still, and know that I am God!”
  - Be still – stop fighting, stop fearing, snap out of it
  - Be in awe of your God and not your burdens
  - Why?

## Waiting for our souls

- **Psalms 46:1-3 NLT**, 1 God is our refuge and strength, always ready to help in times of trouble. 2 So we will not fear when earthquakes come and the mountains crumble into the sea. 3 Let the oceans roar and foam. Let the mountains tremble as the waters surge!
- The truth is, “God the Son in is my yoke with me” and for that knowledge I will praise Him, worship Him, and follow His lead

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