

## **W(REST)LE-MANIA: Finding REST in the W(REST)LING Match**

### **1. Acknowledge & Understand The Burden (Don't lie to yourself!)**

*V.28: "COME TO ME, ALL OF YOU..."*

- Be self-aware enough to recognize you DO carry a burden (Jesus did!)
- Jesus will help us understand that: We are NOT whatever burden that we carry!
- Admit it then give that joker to Jesus!-And let Jesus COOK!-HIS part
- Figure out why you have that burden-otherwise it'll keep coming back-And YOU COOK!-your part

### **2. Know That You Have Help With The Burden (Don't Play Hero-Ball With It!)**

*V.29: "TAKE MY YOKE UPON YOU."*

- A yoke in biblical times was a wooden beam used between a pair of oxen to enable them to pull together. It symbolizes **shared burden** or **PARTNERSHIP**.
- Jesus wants to PARTNER with you & I to deal with the burden. We don't have to do it all by ourselves-we've got HELP.
- As Jesus-followers, sometimes we forget exactly what type of business we're in: -not a sole proprietorship, but a PARTNERSHIP with Jesus!

### **3. Listen To Your Teacher!**

*V.29: "LET ME TEACH YOU..."*

- Nowhere in the Bible is Jesus called the "Master Preacher"
- "The Sermon On The Mount" was a teaching lesson (Matt. 5-7)
- There are many who want to "teach" us about how we should rest in the world today
- But, when you are ready to be a student of rest, your true teacher will appear!
- There's an ever-present liberative thread in Scripture. And our liberation comes through learning from Jesus & partnering with Him in His mission. Just as our foremothers & fathers found strength in unity, we too can find freedom in aligning ourselves with Jesus' teachings.

In our fast-paced world of today, filled with constant change, demands & pressures, finding true rest seems difficult. But Jesus offers you & I us an invitation to find rest not just physically, but rest deep down within our souls; a deep, inner peace that comes from knowing we are loved & valued by God. In a society that often devalues us, this rest is revolutionary! This rest isn't passive or metaphorical, but a real & rejuvenating force that empowers us to continue to shine our light with renewed strength, hope, & purpose on a daily basis. **Jesus promises this rest for our souls-if we want it! The African proverb says it this way: "You can out-distance that which is running after you. But you cannot out-distance that which is running inside you."**

**True freedom comes from embracing Jesus' offer to carry our burdens.** This doesn't mean a life free from challenges. But one where we are supported & uplifted by His presence while we're in the challenge. We are invited to experience a peace that surpasses all understanding & a freedom from burdens that will change our lives. There's only one other place in the Bible where the phrase, "I will give your rest" is said: by God in Exodus 33:14...Jesus changed the game by opening it up for anybody who wants rest through Him. He ain't hard to find!