

**HAPPY**  
**NEW**  
**YEAR**

**MAKING HEAVY BURDENS LIGHT**

**SERMON NOTES**



**VINTAGE PRESS**



New Year's 2020: Heavy & Light  
Sermon Notes

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# HEAVY AND LIGHT PART 1

*<sup>28</sup>Come to me, all who labor and are heavy laden, and I will give you rest. <sup>29</sup>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. <sup>30</sup>For my yoke is easy, and my burden is light."*

Matthew 11:28–30

## 2020 HAS BEEN HEAVY!

- The pressures of this life pile on

*"Weary" evokes the image of persons exhausted from their work or journey.*

Michael Wilkins, *Matthew*

- We're all trying to win
- That's tiring

## DON'T DENY IT, YOU'RE TIRED!

*<sup>31</sup>And Jesus answered them, "Those who are well have no need of a physician, but those who are sick. <sup>32</sup>I have not come to call the righteous but sinners to repentance."*

Luke 5:31–32

*<sup>9</sup>But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." Therefore I will boast all the more gladly of my weaknesses, so that the power of Christ may rest upon me.*

2 Corinthians 12:9

*Verse 28 of our passage in Matthew 11 tells us explicitly who qualifies for fellowship with Jesus: "all who labor and are heavy laden." You don't need to unburden or collect yourself and then come to Jesus. Your very burden is what qualifies you to come. No payment is required; he says, "I will give you rest." His rest is gift, not transaction. Whether you are actively working hard to crowbar your life into smoothness ("labor") or passively finding yourself weighed down by something outside your control ("heavy laden"), Jesus Christ's desire that you find rest, that you come in out of the storm, outstrips even your own.*

Dane C. Ortland, *Gentle and Lowly*, 20–21

- Being in pain, being tired and weary is a good thing! Sometimes we need to feel heavy-laden, so we'll realize that we need Jesus!

# HE CAME DOWN, SO YOU CAN COME TO HIM!

<sup>28</sup>*Come to me, all who labor and are heavy laden, and I will give you rest.*

Matthew 11:28

- The key word to all of this is Come

*"Come to me," a tender call to intimacy with him for all those who are weary and burdened.*

Michael Wilkins, *Matthew*

- On the cross, Jesus cries out "Come to me!"

<sup>4</sup>*Surely he has borne our griefs*

*and carried our sorrows;*

*yet we esteemed him stricken,*

*smitten by God, and afflicted.*

<sup>5</sup>*But he was pierced for our transgressions;*

*he was crushed for our iniquities;*

*upon him was the chastisement that brought us peace,*

*and with his wounds we are healed.*

Isaiah 53:4–5

- Don't just come to Jesus one time. Keep on Coming!
- Let go of your pride and come to Jesus in humility.

*The contrast is between those whose pride and self-sufficiency have caused them to reject Jesus' message and those whose humility and recognition of their own neediness allow them to be open to God's unqualified care through Jesus' announcement of the arrival of the kingdom.*

Michael Wilkins, *Matthew*

## RESPONSE

- Will you realize your need for Jesus and come to Him for the very first time?
  - Then, you need to repent and believe and be baptized!
- Will you keep coming to Jesus like you need Him?
- Can you think of a couple of people in your life that are weary and in need of Jesus' rest?
  - Commit to pray for them and look for an opportunity to point them to Jesus.