

HAPPY
NEW
YEAR

MAKING HEAVY BURDENS LIGHT

SERMON NOTES



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New Year's 2020: Heavy & Light
Sermon Notes

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HEAVY AND LIGHT PART 2

²⁸Come to me, all who labor and are heavy laden, and I will give you rest. ²⁹Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. ³⁰For my yoke is easy, and my burden is light."

Matthew 11:28–30

HOW CAN OUR BURDENS GO FROM HEAVY TO LIGHT?

BRING YOUR BURDENS TO JESUS FIRST (v. 28)

²⁸Come to me, all who labor and are heavy laden, and I will give you rest.

Matthew 11:28

- What if the first thing we did with our burdens, was take them to Jesus in prayer and dependence?

LET JESUS DO THE HARD WORK FOR YOU (v. 29)

⁹Take 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

- Taking his yoke leads to:
 - Understanding and Inspiration—"learn from me"
 - Humility and Dependence—"gentle and lowly in heart"

The point in saying that Jesus is lowly is that he is accessible. For all his resplendent glory and dazzling holiness, his supreme uniqueness and otherness, no one in human history has ever been more approachable than Jesus Christ. The minimum bar to be enfolded into the embrace of Jesus is simply: open yourself to him. It is all he needs.

Dane C. Ortlund, *Gentle and Lowly*, 29

- Present and Eternal Rest—"rest for your souls"

BELIEVE AND LIVE LIKE JESUS' WAYS ARE BEST FOR US (v. 30)

³⁰*For my yoke is easy, and my burden is light."*

Matthew 11:30

³*For this is the love of God, that we keep his commandments. And his commandments are not burdensome. ⁴For everyone who has been born of God overcomes the world. And this is the victory that has overcome the world—our faith. ⁵Who is it that overcomes the world except the one who believes that Jesus is the Son of God?*

1 John 5:3–5

God's love in his people gives them the desire to love and please him. So with eagerness they keep his commandments. Rightly understood and followed, God's commandments bring believers great joy and freedom, not a sense of oppression.

Michael Wilkins, *Matthew*, 433

RESPONSE

- Do you know Jesus?
- What do you need to give Jesus more control of in your life?
- As we begin 2021, how do you need to change your perspective to believe and live like Jesus' ways are best?