

Series: You Choose

Sermon: Stress or Rest

**Passage: Matthew 11:28-30**

Illustration: How it Feels or What is Real?; We said, He said; Choose your own adventure;

Need: Jesus gives rest to His stressed followers when they choose to come to Him.

**I. Why are we so stressed?**

- Heavy season of life circumstances - health, family, finances, job, school, ministry, etc.
- Worry over things outside of your control.
- General bent to be in control.
- Consequences from sin or unwise choices.
- Trying to impress God with works instead of walking with Him by faith.
- Trying to do too much.

**II. We can choose Rest over Stress. (Matt. 11:28-30)**

- Jesus' primary offer in these verses was salvation from the heavy burden of sin - eternal life/rest.
- But we can choose His Rest over Stress now as we come to Him in surrender.
  - Choosing rest is simply trusting Jesus's promise ("I will").
  - Choosing rest requires that we set down our will and put on His ("Take my yoke").
  - Choosing rest means that we assimilate God's Word over our thinking ("Learn from Me").
  - Choosing rest may have no affect on our circumstances ("My yoke is easy").

**III. Choose Rest!**

- Surrender to Jesus as Lord & Savior! Come to Him!
- Bring your personal stresses to Christ every day submitting them to Him and His Word.
- Speak rest that comes only from Jesus into the stressful lives of others.