

## **An Antidote for Weariness (Matthew 11:28-30)**

Introduction: *That 'white flag' feeling...*

### **I. CAUSES OF WEARINESS**

- A. Waiting (Psalm 69:3)
- B. Learning (Ecclesiastes 12:12)
- C. Fighting the enemy (2 Samuel 23:10)
- D. Criticism/persecution (Psalm 6:6-7)
- E. Do **you** have another cause??
- F. Works righteousness (Matthew 11:28)
  - *'Little Jack Horner' theology*

### **II. JESUS' ANSWER TO WEARINESS**

- A. He invites us to come to Him (Matthew 11:28a)
- B. He will lift us up *'on eagles' wings'* (Isaiah 40:28-31)
  - *The only two types of religion: faith & work*
  - *The door at the dentist's office*
- C. He gives us real rest (Matthew 11:28b)
- D. He gives us a yoke of ease (Matthew 11:29-30)
  - *St. Augustine: "Our hearts are restless, until they rest in Thee"*

### **III. OUR RESPONSES TO WEARINESS**

- A. An 'hour of honesty'...
- B. Provide relief for someone else

Conclusion: *God's arms around our shoulders*