

1ª SEMANA DE CONSAGRACIÓN: APRENDIENDO DE JESÚS PARA DESCANSAR EN ÉL

Houses of Light Church • December 28-29, 2019 • Pastor Netz Gómez

Mat. 11:28-30

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

I. INTRODUCTION

- A. As a congregation, God is calling us to focus on three priorities: being at His feet, being a family of affections and preparing the way for the Lord's return. Unfortunately, because there are so many things that compete for our attention on a daily basis, it is not so easy to maintain an adequate balance to meet the normal demands of life and at the same time respond to this call.
- B. How can we achieve something like this as families that want to have all their priorities in order? The idea is to lower our rhythm a little to hear what God has to say. The point here is not so much to do more but less, which for our normally saturated lifestyle is not so simple.

II. HE REALLY WANTS OUR SOUL TO BE RESTED

- A. What we see in today's passage is that He really wants us to enjoy having a soul that rests completely in Him. He wants His own to have a soul that is not anxious or exhausted. He would not be saying this if it were not His firm desire.
- B. Now here what sounds disconcerting is what Jesus said next: *"Come to me, all who are tired and burdened, and I will give you rest. **Take my yoke upon you and learn from me.**"* According to what Jesus said there is a relationship between taking His yoke, learning from Him and resting. **We can then understand that His yoke is His teaching.** Jesus was saying: *"I have a yoke for you, which is my teaching; take it on you, and learn from Me so that you find rest."* What makes this yoke rest, light and easy? The Jews thought of the law as a yoke and in fact Jesus said that the Pharisees put burdens on people and didn't help them at all:

Mat. 23:4 *"[the Pharisees] They tie up heavy, cumbersome loads and put them on other people's shoulders, but they themselves are not willing to lift a finger to move them."*

- C. That is Jesus' diagnosis about the difference between His burden and their burden. They did nothing to lighten the burden of the law but Jesus not only raised His finger, gave His life on the cross to save us.

Col. 2:14 *"having wiped out the handwriting of requirements that was against us, which was contrary to us. And He has taken it out of the way, having nailed it to the cross."*

- D. **Jesus has lifted the heaviest burden of guilt and sin by dying for us and continues to lift the burden to obtain our salvation by being the one who works in our lives.** He does it through His Spirit, within us. So resting in Christ is not resting

from walking with Him; it is resting while walking with Him and trusting Him. Paul explains it this way:

Phil. 2:12-13 *"...work out your own salvation with fear and trembling; 13 for it is God who works in you both to will and to do for His good pleasure."*

- E. The reason why His burden is light and His yoke is easy is because He is **"gentle and humble."** What He meant was, *"I am not a slave master. I don't stand on you with a whip saying: make my word;'* **He says: "I get right under you and get you up."**
- F. **So the crucial point here to find rest is to recognize who we are learning from. What the world system teaches is productivity without rest or pleasure without restrictions but what Jesus teaches us is contentment with purpose.** The world tells you: 'you have to look successful, you have to have more fun, more money, more, more, more ...' is never enough; Jesus tells you learn from Me and you will find the rest that your soul needs. On the other hand, our religiosity wants us to be busy doing things for God without being connected with Him and that also exhausts us.

Lk. 10:41-42 *"And Jesus answered and said to her, "Martha, Martha, you are worried and troubled about many things. 42 But one thing is needed, and Mary has chosen that good part, which will not be taken away from her."*

- G. It is assumed that with all the facilities that we have in the 21st century we should be calmer to give adequate time to what is a priority as our relationship with God and with our family but the truth is that we are very restless and tired because our teacher is not Jesus but it's the world.

Jer. 6:16: *"...Stand in the ways and see, And ask for the old paths, where the good way is, And walk in it; Then you will find rest for your souls."*

III. MAKE TIME

- A. Much of our tiredness results from the things that accumulate in our lives, physical weaknesses, emotional tears and the consequences of sin. Because our burdens are not simple, they will not be relieved by simplistic phrases, such as: "Cheer up; things are going to change". **But this simple promise of Jesus is able to ease a complex burden.** Jesus does not offer us multiple steps to find rest; His promise is simple: **"Come to me."** But how are we going to do if we have so many things to do or that simply distract us so much?
- B. Many of you who work for long hours, have family and fulfill functions in the church, how are you going to come every day and learn from Jesus? On the other hand we are not simply trying to make things easier for you; That would not do you any good. The proverbist tells us about the approach that requires:

Pr. 2:1-5 *"My son, if you receive my words, And treasure my commands within you, 2 So that you incline your ear to wisdom, And apply your heart to understanding; 3 Yes, if you cry out for discernment, And lift up your voice for understanding, 4 If you seek her as silver, And search for her as for hidden treasures; 5 Then you will understand the fear of the Lord, And find the knowledge of God"*

- C. To understand the value of spending time learning from Jesus, I give you an example: suppose you discover that thousands of years ago your backyard was a place where treasures of the ancient world were buried. And your city has issued laws saying that what you discover on your property becomes yours. After a few

weeks of searching and exploring, you begin to discover incredibly valuable treasures that you could pay your children's college, get you out of debt, make you a benefactor of just causes. Would you still say, "I'm busy, I have thousands of things to do"? I doubt it. **Actually, it has to do with a question of how desperate we are to be rich with the riches of Christ and the abundance of His wisdom and His power to live in victory and peace.**

IV. ARE YOU GOING TO DO IT OR NOT?

- A. The question here is: **will we make the change or will we continue at the same pace until the day we depart with the Lord?** It has been said that to establish a habit you need a minimum of 21 days, why don't you try to do it these first days of the year and then stay there? We need to feel the call that the Holy Spirit makes us to be strong, tenacious, compassionate, persevering, sacrificial Christians who take risks. **For this, two types of encounters with the gold and silver of the Word of God are necessary.**
- B. You can do a meditation on the Word in a more devotional style and deeper study at least once a week. This second type of encounter requires effort and dedication. The devotional style is equally important but it is softer, it is like when you hold the gold piece, clean it carefully and discover that it is over a thousand years old and that it is so valuable. You see her carefully and you say, "Wow, amazing, beautiful, awesome." And your heart feels joy, contentment and longing for the beauty of the gold you have found.
- C. **Our practical suggestion is that you schedule an early time before undertaking the thousands of things you have to do.** It is better to read less, if necessary, and yet, as a result of meditation, remember something; Than read more and remember nothing. We will pray with you so that we can achieve it and be those effective and rested Christians.

V. CONCLUSION

- A. When Jesus calls you to come to Him and rest, it means that you discover that He is your satisfaction. And when He becomes that to you, that is your victory over the pleasures of sin that want to gain your attention. **The way we overcome sin successfully is by doing whatever it takes to be happier, calmer and happier in Jesus than in sin.** This is the only form of sanctification of the gospel. If you do not kill temptation with superior satisfaction in Jesus, but only by your willpower, then you will gain a victory but not Jesus. And that is not biblical sanctification.
- B. **1 Peter 4:11** says that he who serves, serve with **"let him do it as with the ability which God supplies, that in all things God may be glorified through Jesus Christ"** Then, we strive and fight to serve God by receiving His power and grace so that He obtains the glory And that power flows through faith in the promises of God;
Jn. 6:29: "This is the work of God, that you believe in Him whom He sent."
Jn. 15:4 "Abide in Me, and I in you..."
- C. **Believe and Abide:** that is really all the work that God requires of us: to believe and abide to rest in the promises of God. That is the yoke or the teaching that Jesus calls us to put on; is to be satisfied, trust and rest in Him and that satisfaction is the rest of **Matt. 11: 28-29.**

D. The reason why this is difficult for us is because we do not wear His yoke, we have not learned from Him and we do not like to rest. We love to find our satisfaction in this world and in sin but what our souls really look for when they are loaded and restless is rest in hope..

**Ps. 62:5-7 "My soul, wait silently for God alone, For my hope comes from Him.
6 He only is my rock and my salvation; He is my defense; I shall not be moved.
7 In God is my salvation and my glory; The rock of my strength, And my refuge, is in God"**

E. **Jesus knows that only He is our salvation, strength, powerful rock, our refuge. He is the only answer to every question, concern, fear and need we have.** And then He offers us in a simple way that we come, learn from Him and find rest for our souls.

VI. REFLECTION QUESTIONS

1. **What can you do this year to increase your delight in God?** Our delight of Jesus comes mainly through the means of grace he has given us. He has promised to bless us through His word, prayer and church.

2. **What is the most important thing you can do to improve your family life?** If your family does not practice a family cult, we recommend our 52-week family devotional. It is something simple that does not require preparation and everyone can do it.

3. **What is the biggest waste of time in your life and how are you going to use that time better?** Social media, TV, video games, sports, various hobbies? It is easy for any of these things to take too much of our hearts. It is necessary to stop and actively replace it with something better to **"make the most of time, because the days are bad"** (Eph. 5:16).

4. **What is the most important way, in which you will try to make this year different from the previous one?** Obviously, God's sovereignty rules over all things but He gives us a measure of responsibility in many areas of life. In which of these areas would you like to see a change from last year? You can find the answer in one of your previous answers and consider which of them you feel that the Holy Spirit draws your attention with the greatest urgency.
