

The Gift That Only You Can Give to Yourself

Part three of the series, "Christmas Survival Guide"

Saturday, December 14, 2019 • Pastor Parris Hayashi

"Come to me, all you who are weary and burdened, and I will give you rest. ²⁹Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. ³⁰For my yoke is easy and my burden is light." (Matthew 11:28-30 NIV)

Receive Jesus' INVITATION to (come to Him) when you're weary.

"Come to me, all you who are weary and burdened, and I will give you rest." (v. 28)

Weary = exhausted in strength, endurance, vigor, or freshness. Feeling or showing tiredness, especially as a result of excessive exertion or lack of sleep.

Three types of weariness we can experience:

1. EMOTIONAL weariness.
2. PHYSICAL exhaustion.
3. SPIRITUAL weariness.

Daily SURRENDER our lives to His rule.

"Take my yoke upon you..." (v. 29)

*"Loving God means keeping his commandments, and his commandments are not burdensome."
(1 John 5:3 NLT)*

Learn to WALK and FOLLOW Him.

"...learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light." (v. 29-30)

"...He leads me beside still waters. He restores my soul..." (Psalm 23:2-3 ESV)

Living with margins allow us to step into OPPORTUNITIES for God to bless others.

Four stages of rest:

1. PRAY.
2. HEAR.
3. SEEK.
4. RESPOND.