

COME AND REST

(Part 2, YOU ARE INVITED)

A Lord's Flock Worship Service Topic

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Matthew 11:28: "Come to me, all you who are weary and burdened, and I will give you rest" is Jesus' gracious invitation to weary and burdened people to find true rest—not merely physical rest but rest for the soul.



1. THE WHY OF THE INVITATION: "COME TO ME AND REST"

1.1 *We Need Jesus Because We Cannot Save Ourselves.* Humanity is burdened by sin and unable to save itself. Jesus invites us to come to Him because He alone offers forgiveness, salvation, and a life-giving relationship that brings true rest.

1.2 *We Live in a World That Leaves Us Weary.* The demands of work, the pursuit of success, and even the pressures of ministry can leave us physically, emotionally, and spiritually exhausted. Without proper rest, we become discouraged, burned out, and ineffective in serving both God and others.

1.3 *Rest Is God's Design, Not a Sign of Weakness.* Many people view rest as laziness, but Scripture teaches otherwise. God rested after creation (Genesis 2:1–3), established the Sabbath as a gift (Mark 2:27), and Jesus Himself regularly withdrew to pray and rest. Rest reflects God's design for a healthy and faithful life.

1.4 *Rest Is an Act of Trust and Dependence on God.* Taking time to rest does not mean neglecting our responsibilities. Rather, it demonstrates our dependence on God for renewed strength. Serving Christ does not remove our need for rest; instead, it reminds us to rely on Him instead of our own abilities.

1.5 *Only Jesus Can Give Rest for the Soul.* Physical rest refreshes the body, but only Jesus can restore the weary soul. He understands our deepest burdens and offers the lasting peace,

hope, and spiritual renewal that cannot be found anywhere else.

2. WHO ARE INVITED?

2.1. *All who are weary.* Anyone who is physically, emotionally, or spiritually exhausted is invited. Jesus' invitation is for everyone, regardless of culture, race, age, social status, or generation.

2.2. *All who are heavily burdened.* Anyone carrying loads too heavy to bear alone, whether the burden of sin, suffering, guilt, shame, expectations, or the pressures of life is similarly invited.

3. THE PROMISE: REST

3.1. *Rest for the Soul.* Jesus offers a rest that goes beyond physical recovery, a deep and lasting rest for our souls.

3.2. *Hope That Never Fails.* His promises give us lasting hope that does not fade, even in difficult times.

3.3. *Relief from Weariness and Heavy Burdens.* He invites us to exchange our crushing burdens for His yoke that is easy and light.

3.4. *His Presence in Every Trial.* Jesus does not promise a life without troubles, but He promises to be with us through them.

3.5. *His Guidance as We Learn His Ways.* As we follow and learn from Him, He leads us into a life of peace, wisdom, and dependence on God.

4. HOW TO RESPOND TO THE INVITATION

4.1. *Come to Jesus.* To surrender our burdens to Him is trusting and following Him as the source of true rest.

4.2. *Take His Yoke.* To submit to Him and to depend on His strength means He carries the yoke with us.

4.3. *Learn from Him.* To continually know Him, we must learn His ways and follow His examples.

CONCLUSION:

Let us respond to Christ's invitation and come to Him, so that we may experience the lasting rest that only He can give to our souls.

REFLECTION:

What are your burdens that are crashing you right now?

SCRIBES Ministry

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