

Rest is only found in Jesus and it is only found by those who give up finding rest in themselves and this world.

Who receives the gospel?

1. The gospel is not of this world. We can never figure it out on our own.
 - a. The gospel is the opposite of everything else in our lives – we get ahead by our own efforts and defending ourselves from accusation.
 - b. Your sinful heart wants to excuse itself.
2. To believe the gospel, the Father must open our eyes to it.
3. The Father only reveals the gospel to those who despair of their own wisdom.
4. Little children and those like little children are those who despair of their own wisdom.

The light burden that Jesus places on us.

1. What is a yoke?
 - a. Literal meaning: a bar placed over the shoulders of an animal (usually oxen) to control them while they plowed.
 - b. Figurative meaning: “yoke” was used to refer to a wide variety of things – (1) slavery, (2) the submission of one’s enemy in military conquest, (3) the individual teaching of a rabbi.
 - c. All of these involve the idea of submission.
2. You will be in submission to something.
3. Only Jesus’ burden/yoke is satisfying and fulfilling.
4. Jesus’ burden is *not* light because he demands very little of you.
 - a. The Sermon on the Mount is stricter than the Mosaic law.
 - b. Jesus demands total perfection. “Be perfect as your heavenly father is perfect” (Matthew 5:48).
5. Jesus’ burden is light because he fulfills in you what he demands.

“The love of God does not find, but creates, that which is pleasing to it. The love of man comes into being through that which is pleasing to it” (Martin Luther, Thesis 28, “Heidelberg Disputation”).

 - a. You cannot keep the law.
 - b. You must despair of our failure to keep the law.

The rest we find in Jesus

1. Freedom from laboring (Exodus 34:21).
2. Freedom from enemies (Deuteronomy 25:19).
3. Freedom from wandering (Deuteronomy 12:9).

The Law: You must submit to Jesus.

The Gospel: The Father reveals the Son to us and the Son reveals the Father to us as he wills. Jesus meets the demand for us that he places on us.

“The law says, ‘do this’, and it is never done. Grace says, ‘believe in this’, and everything is already done” (Martin Luther, Thesis 27 “Heidelberg Disputation”).