

# GREG'S NOTES

## A NEW BEGINNING TEACHING OUTLINES

harvest.org

### COME AND FIND REST

Matthew 11

Are you stressed out, under pressure, under any kind of burden? Are you carrying any type of hindrance, a sin you have been struggling with, a physical pain, problems with your family, or even some sort of grief? Jesus has the answer to your problems. He says, “Come to Me.” Remember you are in the Lord’s protective care and you can rest in His finished work; there is no need to sweat the small stuff.

#### PRACTICAL PRINCIPLES

1. Those who are weary, come to Him. Maybe you work too hard and are utterly exhausted; the answer to that is to pass your weight on to God.
2. What will happen when you come to Him? God will not only take your load, but He will fill you with rest. He will make you revived and refreshed. All of your problems will be in the hands of the Lord.
3. Once you come to Him, what is next? Jesus wants the steering wheel of your life. He yearns for you to hand it over and give Him complete control.
4. Just come to Him. Regardless of where you are—if you are hurting, worried, or believe there is nowhere else to go—the only fulfilling resolution is to come to Jesus.

#### RELEVANT REMINDERS

- Remember Jesus’ sacrifice and how He shed His blood for every sin we have ever committed. God’s righteous demands were met by Christ. As children of the Lord, we must find rest in the finished work accomplished on the cross.
- We are to be free from any bondage, legalism, or vice that could weigh us down. Our sins have been forgiven and the righteousness of Christ has been placed into our account.
- We have a backstage pass to the Father through Jesus Christ. We are capable of calling on Him at any time; He is waiting to hear from us.
- Everything is yoked to something or someone—whether it is people, ideas, relationships, or even sin. Instead of being yoked to a person or an object, be yoked to Jesus.

#### APPLICABLE ACTIONS

Jesus never said, “Learn of Me first.” Rather He just says, “Come to Me.” Modern culture tells you that in order to find rest, you must seek it in materials, pleasures, or religions. If you chase those, the end result will be a life of continual emptiness. He is the only One who can fulfill your every need. God doesn’t expect you to make the changes in your life first; He just wants you to come to Him.