**Matthew 11:28-30 28Come unto me, all ye that labour and are heavy laden, and I will give you rest. 29Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls. 30For my yoke is easy, and my burden is light.**

Tomorrow is Labor Day. Some will be at the lake, some in the backyard, some will work harder than ever doing projects around the house. It’s a time that was to be, in the words of an early supporter, “set aside for a general holiday for the laboring classes”. God is very aware of the labor of His children, He’s very aware of the load of care we carry each and every day. He sees our going out and coming in, our lying down and our rising up. He knows the toll that sin has taken on us. It breaks His heart. It breaks His heart. This was never His plan.

In Genesis 3:19, we read a part of the curse upon humanity for our disobedience to God. *In the sweat of thy face shalt thou eat bread, till thou return unto the ground; for out of it wast thou taken: for dust thou art, and unto dust shalt thou return.* Originally, man was placed in the garden to dress and keep it and to eat freely of the goodness. Now, because of sin, he’s cast out of the garden and toils all his days. This is part of the curse.

Meet the solution in Jesus Christ. Verse 28 *Come unto me, all ye that labour and are heavy laden, and I will give you rest.* The sin and the curse created a divide between man and God. Christ, the very Word of God, the One who was with God from the beginning and saw the curse come into being, says – Come unto Me. We see Him closing the wound and healing the heart. Look at the word **all** – we’ve seen this word before! In John 3:16, we read, For God so loved the world that He gave His only begotten Son, that whosoever believeth in Him should not perish, but have everlasting life. That word whosoever? It’s the exact same word as we see meaning all here! It means anyone- the door is open to all! That labor (this word has the idea of feeling tired from work) and are heavy laden (meaning overburdened) and I will give you rest (meaning refreshment).

Anyone here this morning feeling fatigue, overburdened, and in need of a little rest? Some got plenty of sleep last night, but are spiritually in need of refreshment. That is what Jesus is offering! There is no rest sweeter than when we feel the burden of our hearts lifted. Only Jesus can give us that rest. No amount of work on our part will ever relieve us of the burden of being separated from God.

Verse 29 - *Take my yoke upon you, and learn* ***of*** *me* Take my yoke. The yoke is referring to a law or obligation. This goes hand in hand with Come unto Me. It literally means - Submit to Me. Learn of Me – that sounds an awful lot like He is saying, “Sit at my feet along with Mary, around the fire with Peter and John, and be my disciple.” Don’t just know My name… that will not save you. Learn of Me!

*for I am meek and lowly in heart –* Humble, gentle, and cast down in my heart. This is a servants heart, one who does not esteem himself or herself more highly than others.

Jesus calls us to submit to Him, be His disciple, use Him as our template of how to interact with Him and this world. In order to be first, we must be last, and servant of all. *Listen to Philippians 2:5-7 Let this mind be in you which was also in Christ Jesus, who, being in the form of God, did not consider it robbery to be equal with God, but made Himself of no reputation, taking the form of a bondservant, and coming in the likeness of men.* God becomes flesh to save the very flesh that rebelled against Him. Sounds meek, lowly.

*and ye shall find rest unto your souls.* Jesus says, you can find rest. Many think that they can continue in sin, never learn of Jesus, never humble themselves, throw the yoke in the side ditch and still find rest. That’s just not so. If we continue to kick against the goads as Jesus told Paul in Acts 9, insist that He come to us, take our yoke on Him, and learn how we do things, we will never find rest for our souls! Albert Einstein is credited with saying, “The definition of insanity is doing the same thing over and over and expecting different results”**.** Jesus calls us to do something different, stop the insanity, and find rest in Him.

Verse 30 *For my yoke is easy, and my burden is light.* Some read this as following Jesus will be easy. We talked about that last week! The idea here is that taking on the yoke of Jesus is useful and what Jesus is calling us to do – our task – is easy. That ease is found in not in the world, but in Him. It’s found in our submission to Him, our learning of Him, our focus on His leading in our life, our knowledge that He is making the way for us, and our confidence that He is preparing a Home with Him when this is done.

On this Labor Day Sunday, use this holiday to refocus on Christ, resubmit to His leading, stop kicking against the goads. We can have rest and joy and peace. We must take His yoke upon us and submit to His teachings and His will. We must learn of Christ. Matthew 16:25 sums it all up *For whoever desires to save his life will lose it, but whoever loses his life for My sake will find it.* It’s not until we lose Self that we find Spirit. We must submit to Christ to find rest. Christ is calling Come Unto Me? Is there someone here this morning who needs to turn and come after Him today?