

the
DISCIPLINE OF
REST



Matthew 11:28
Dr. Favour Ibom

Matthew 11:28 (NIV)

28 “Come to me, all you who are weary and burdened, and I will give you rest.



INTRODUCTION

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Matthew 11:28

OUR VISION:

To raise up anointed disciple-makers who are empowered to change their world for Christ.

The background features a photograph of a desert canyon with layered rock formations. Overlaid on this are several large, semi-transparent geometric shapes: a large light blue triangle pointing downwards on the left, a large light red triangle pointing upwards on the right, and a large light blue triangle pointing upwards in the center. The text is centered over these shapes.

2021 IS OUR YEAR OF KINGDOM ADVANCEMENT

Luke 12:32 (NIV)

³²“Do not be afraid, little flock, for your Father has been pleased to give you the kingdom.



RENEW

YOUR SPIRIT

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Matthew 11:28

Matthew 11:28 (NIV)

28 “**Come to me**, all you who are weary and burdened, and I will give you rest.

Quote

Worship renews the spirit as sleep renews the body.

Richard Clarke Cabot

Psalm 95:6–7 (NIV)

6 Come, let us bow down in worship, let us kneel before the LORD our Maker; 7 for he is our God and we are the people of his pasture, the flock under his care. Today, if only you would hear his voice,

Psalm 46:10 (NIV)

10 He says, “**Be still, and know that I am God;** I will be exalted among the nations, I will be exalted in the earth.”

Isaiah 40:30–31 (NIV)

30 Even youths grow tired and weary, and young men stumble and fall; 31 but those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.



ENERGIZE

YOUR SOUL

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Matthew 11:28

Matthew 11:29-30 (NIV)

29 Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will **find rest for your souls**. 30 For my yoke is easy and my burden is light.”

Psalm 23:1–3 (NIV)

1 The Lord is my shepherd, **I lack nothing.** 2 He makes me lie down in green pastures, he leads me beside quiet waters, 3 he refreshes my soul. He guides me along the right paths for his name's sake.

STRENGTHEN YOUR BODY

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Matthew 11:28

Three ways to strengthen your body

- Sleep well
- Exercise well
- Eat well

Genesis 2:2–3 (NIV)

2 By the seventh day God had finished the work he had been doing; **so on the seventh day he rested from all his work.**

3 Then God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done.

1 Timothy 4:8 (NIV)

8 For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come.

TRANSFORM

YOUR MIND

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Romans 12:2 (NIV)

2 Do not conform to the pattern of this world, but **be transformed by the renewing of your mind.** Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.

2 Timothy 4:13 (NIV)

13 When you come, bring the cloak that I left with Carpus at Troas, and my scrolls, especially the parchments

2 Timothy 4:13 (NKJV)

13 Bring the cloak that I left with Carpus at Troas when you come—and **the books, especially the parchments**

CONCLUSION

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Matthew 11:28



**ONLY JESUS
CAN GIVE TRUE REST**

Matthew 11:28 (NIV)

28 “Come to me, all you who are weary and burdened, and I will give you rest. 29 Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. 30 For my yoke is easy and my burden is light.”

APPLICATION

1. **R**ENEW YOUR SPIRIT
2. **E**NERGIZE YOUR SOUL
3. **S**TRENGTHEN YOUR BODY
4. **T**RANSFORM YOUR MIND

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