

## Matthew #6 – “Resting in Christ”

Memory Verse - Hand out Scriptures to read Matthew 11:20 - 12:14

**Matthew 11:28** (NKJV) *Come to Me, all you who labor and are heavy laden, and I will give you rest.*

### The Light Yoke of Christ

**Matthew 11:20–30** (NKJV) *Then He began to rebuke the cities in which most of His mighty works had been done, because they did not repent:*

<sup>21</sup> *“Woe to you, Chorazin! Woe to you, Bethsaida! For if the mighty works which were done in you had been done in Tyre and Sidon, they would have repented long ago in sackcloth and ashes. <sup>22</sup> But I say to you, it will be more tolerable for Tyre and Sidon in the day of judgment than for you. <sup>23</sup> And you, Capernaum, who are exalted to heaven, will be brought down to Hades; for if the mighty works which were done in you had been done in Sodom, it would have remained until this day. <sup>24</sup> But I say to you that it shall be more tolerable for the land of Sodom in the day of judgment than for you.”*

**\*Luke 11:32** (NKJV) *The men of Nineveh will rise up in the judgment with this generation and condemn it, for they repented at the preaching of Jonah; and indeed a greater than Jonah is here.*

**Matthew 11: 25** *At that time Jesus answered and said, “I thank You, Father, Lord of heaven and earth, that You have hidden these things from the wise and prudent and have revealed them to babes. <sup>26</sup> Even so, Father, for so it seemed good in Your sight. <sup>27</sup> All things have been delivered to Me by My Father, and no one knows the Son except the Father. Nor does anyone know the Father except the Son, and the one to whom the Son wills to reveal Him.*

After denouncing unbelief and reaffirming His closeness with the Father, Jesus offers everyone who is weary, rest in Him

**Joshua 14:15** (NKJV) *Then the land had rest from war.*

**Joshua 21:44** (NKJV) *The Lord gave them rest all around, according to all that He had sworn to their fathers. And not a man of all their enemies stood against them; the Lord delivered all their enemies into their hand.*

**Judges 3:11** (NKJV) *So the land had rest for forty years.*

**Judges 3:30** (NKJV) *And the land had rest for eighty years.*

**Judges 5:31** (NKJV) *So the land had rest for forty years.*

**Matthew 11:28** *Come to Me, all you who labor and are heavy laden, and I will give you rest. <sup>29</sup> Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls. <sup>30</sup> For My yoke is easy and My burden is light.”*

**2 Chronicles 14:4–7** (NKJV) *He commanded Judah to seek the Lord God of their fathers, and to observe the law and the commandment.*

<sup>5</sup> *He also removed the high places and the incense altars from all the cities of Judah, and the kingdom was quiet under him. <sup>6</sup> And he built fortified cities in Judah, for the land had rest; he had no war in those years, because the Lord had given him rest. <sup>7</sup> Therefore he said to Judah, “Let us build these cities and make walls around them, and towers, gates, and bars, while the land is yet before us, because we have sought the Lord our God; we have sought Him, and He has given us rest on every side.” So they built and prospered.*

### Unrest Over a Rest Day

**Matthew 12:1–2** (NKJV) *At that time Jesus went through the grainfields on the Sabbath. And His disciples were hungry, and began to pluck heads of grain and to eat. <sup>2</sup> And when the Pharisees saw it, they said to Him, “Look, Your disciples are doing what is not lawful to do on the Sabbath!”*

**Deuteronomy 23:25** (NKJV) *When you come into your neighbor’s standing grain, you may pluck the heads with your hand, but you shall not use a sickle on your neighbor’s standing grain.*

**Leviticus 19:9–10** (NKJV) *‘When you reap the harvest of your land, you shall not wholly reap the corners of your field, nor shall you gather the gleanings of your harvest. <sup>10</sup> And you shall not glean your vineyard, nor shall you gather every grape of your vineyard; you shall leave them for the poor and the stranger: I am the Lord your God.*

**\*Exodus 34:21** (NKJV) *“Six days you shall work, but on the seventh day you shall rest; in plowing time and in harvest you shall rest.*

**Luke 14:1–6** (NKJV) *Now it happened, as He went into the house of one of the rulers of the Pharisees to eat bread on the Sabbath, that they watched Him closely. <sup>2</sup> And behold, there was a certain man before Him who had dropsy. <sup>3</sup> And Jesus, answering, spoke to the lawyers and Pharisees, saying, “Is it lawful to heal on the Sabbath?” <sup>4</sup> But they kept silent. And He took him and healed him, and let him go. <sup>5</sup> Then He answered them, saying, “*Which of you, having a donkey or an ox that has fallen into a pit, will not immediately pull him out on the Sabbath day?*” <sup>6</sup> And they could not answer Him regarding these things.*

### Jesus' Response

**Matthew 12:3–4** (NKJV) *But He said to them, “Have you not read what David did when he was hungry, he and those who were with him: <sup>4</sup> how he entered the house of God and ate the showbread which was not lawful for him to eat, nor for those who were with him, but only for the priests?*

**1 Samuel 21:4–6** (NKJV) *And the priest answered David and said, “There is no common bread on hand; but there is holy bread, if the young men have at least kept themselves from women.” Then David answered the priest, and said to him, “Truly, women have been kept from us about three days since I came out. And the vessels of the young men are holy, and the bread is in effect common, even though it was consecrated in the vessel this day.” So the priest gave him holy bread; for there was no bread there but the showbread which had been taken from before the LORD, in order to put hot bread in its place on the day when it was taken away.*

**Matthew 12:5–8** (NKJV) *Or have you not read in the law that on the Sabbath the priests in the temple profane the Sabbath, and are blameless? <sup>6</sup> Yet I say to you that in this place there is One greater than the temple. <sup>7</sup> But if you had known what this means, ‘I desire mercy and not sacrifice,’ you would not have condemned the guiltless. <sup>8</sup> For the Son of Man is Lord even of the Sabbath.”*

**\*Mark 2:27, 28** *And He said to them, “The Sabbath was made for man, and not man for the Sabbath. <sup>28</sup> Therefore the Son of Man is also Lord of the Sabbath.”*

### Healing on the Sabbath

**Matthew 12:9–13** (NKJV) *Now when He had departed from there, He went into their synagogue. And behold, there was a man who had a withered hand. And they asked Him, saying, “Is it lawful to heal on the Sabbath?”—that they might accuse Him. Then He said to them, “What man is there among you who has one sheep, and if it falls into a pit on the Sabbath, will not lay hold of it and lift it out? Of how much more value then is a man than a sheep? Therefore it is lawful to do good on the Sabbath.” Then He said to the man, “Stretch out your hand.” And he stretched it out, and it was restored as whole as the other.*

**Mark 3:1–5** (NKJV) *And He entered the synagogue again, and a man was there who had a withered hand. So they watched Him closely, whether He would heal him on the Sabbath, so that they might accuse Him. And He said to the man who had the withered hand, “Step forward.” Then He said to them, “Is it lawful on the Sabbath to do good or to do evil, to save life or to kill?” But they kept silent. And when He had looked around at them with anger, being grieved by the hardness of their hearts,...*

**Mark 1:21–34** (NKJV) *Then they went into Capernaum, and immediately on the Sabbath He entered the synagogue and taught.*

<sup>22</sup> *And they were astonished at His teaching, for He taught them as one having authority, and not as the scribes. <sup>23</sup> Now there was a man in their synagogue with an unclean spirit. And he cried out, <sup>24</sup> saying, “Let us alone! What have we to do with You, Jesus of Nazareth? Did You come to destroy us? I know who You are—the Holy One of God!” <sup>25</sup> But Jesus rebuked him, saying, “Be quiet, and come out of him!” <sup>26</sup> And when the unclean spirit had convulsed him and cried out with a loud voice, he came out of him. <sup>27</sup> Then they were all amazed, so that they questioned among themselves, saying, “What is this? What new doctrine is this? For with authority He commands even the unclean spirits, and they obey Him.” <sup>28</sup> And immediately His fame spread throughout all the region around Galilee.*

### Peter's Mother-in-Law is Healed

**\*Mark 1:29–31** *Now as soon as they had come out of the synagogue, they entered the house of Simon and Andrew, with James and John.*

<sup>30</sup> *But Simon's wife's mother lay sick with a fever, and they told Him about her at once. <sup>31</sup> So He came and took her by the hand and lifted her up, and immediately the fever left her. And she served them.*

### Many Healings

<sup>32</sup> *At evening, when the sun had set, they brought to Him all who were sick and those who were demon-possessed. <sup>33</sup> And the whole city was gathered together at the door. <sup>34</sup> Then He healed many who were sick with various diseases, and cast out many demons; and He did not allow the demons to speak, because they knew Him.*

**John 5:8–16** (NKJV) *Jesus said to him, “Rise, take up your bed and walk.” <sup>9</sup> And immediately the man was made well, took up his bed, and walked. And that day was the Sabbath. <sup>10</sup> The Jews therefore said to him who was cured, “It is the Sabbath; it is not lawful for you to carry your bed.” <sup>11</sup> He answered them, “He who made me well said to me, ‘Take up your bed and walk.’” <sup>12</sup> Then they asked him, “Who is the Man who said to you, ‘Take up your bed and walk?’” <sup>13</sup> But the one who was healed did not know who it was, for Jesus had withdrawn, a multitude being in that place. <sup>14</sup> Afterward Jesus found him in the temple, and said to him, “See, you have been made well. Sin no more, lest a worse thing come upon you.” <sup>15</sup> The man departed and told the Jews that it was Jesus who had made him well. <sup>16</sup> For this reason the Jews persecuted Jesus, and sought to kill Him, because He had done these things on the Sabbath.*

### Keeping the Sabbath

The fifth-century historian Socrates Scholasticus wrote: “Almost all churches throughout The World celebrated the sacred mysteries (the Lord’s Supper) on the Sabbath of every week, yet the Christians of Alexandria and at Rome, on account of some ancient tradition, refuse to do this.”—*Ecclesiastical History*, book 5, p. 289.

**Isaiah 58:6–12** (NKJV) *“Is this not the fast that I have chosen:*

*To loose the bonds of wickedness, To undo the heavy burdens,  
To let the oppressed go free, And that you break every yoke?*

*7 Is it not to share your bread with the hungry, And that you bring to  
your house the poor who are cast out; When you see the naked, that you  
cover him, And not hide yourself from your own flesh? 8 Then your light  
shall break forth like the morning, Your healing shall spring forth speedily,  
And your righteousness shall go before you; The glory of the LORD shall be  
your rear guard. 9 Then you shall call, and the LORD will answer; You  
shall cry, and He will say, ‘Here I am.’ “If you take away the yoke from  
your midst, The pointing of the finger, and speaking wickedness,*

*10 If you extend your soul to the hungry And satisfy the afflicted  
soul, Then your light shall dawn in the darkness, And your darkness shall be  
as the noonday. 11 The LORD will guide you continually,*

*And satisfy your soul in drought, And strengthen your bones; You shall  
be like a watered garden, And like a spring of water, whose waters do not  
fail. 12 Those from among you Shall build the old waste places; You  
shall raise up the foundations of many generations; And you shall be  
called the Repairer of the Breach, The Restorer of Streets to Dwell In.*

**Isaiah 58:13–14** (NKJV) *“If you turn away your foot from the Sabbath,  
From doing your pleasure on My holy day, And call the Sabbath a delight,  
The holy day of the LORD honorable, And shall honor Him, not doing your  
own ways, Nor finding your own pleasure, Nor speaking your own  
words, 14 Then you shall delight yourself in the LORD;*

*And I will cause you to ride on the high hills of the earth, And feed you  
with the heritage of Jacob your father. The mouth of the LORD has  
spoken.”*