

# **Rest for Your Souls**

Matthew 11:28-30

- I. The Power of the Savior to bring rest (vs. 28) “I will give you rest”**
  
- II. The Person Needing Rest (vs. 28) “all who are weary and heavy laden”**
  - A. The Person Burdened with Sin**
  
  - B. The Person Burdened with Serving**
  
  - C. The Person Burdened with Sorrow**
  
- III. The Process of Finding Rest (vs. 28-29)**
  - A. “Come to Me”**
  
  - B. “Take My yoke upon you”**
  
  - C. “Learn from me”**
  
- IV. The Promise of Rest (vs. 29) – “you will find rest for your souls”**