

Rossville Church of Christ

Doorpost Devo



July 30, 2023



Encouragement from God's Word

Matthew 11:28-30: Disciples Find Rest in Jesus

Restless. Even in a world of modern comforts, luxuries, and technologies, there truly seems to be no rest for the weary. Our brains are overstimulated, our ears are filled with constant noise, and anxiety reigns supreme in the hearts of so many. Everyone seems tired all the time. Everyone seems anxious all the time. Everyone seems overwhelmed all the time. We have a desperate need for rest.

Scripture Plan: Read

Mon, Tues, Wed.:

1 John 1:1-10 Each Night

Thurs., Fri., Sat.:

1 John 2:1-11 Each Night

Devo Plan

1. Mon.--Read and Pray Together
2. Tues.--Read, Pray, Ask Questions, and Discuss
3. Wed.--Read, Pray, and Think about how to Apply
4. Thurs.-Sat.--Repeat steps 1-3 with New Passage
5. Sunday--Pray and Reflect on What was Learned in Worship and Class

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Discussion Questions

1 John 1:1-10

Discussion Question #1: Why is John writing this letter? What does it mean to have fellowship with God? What does it mean to have fellowship with one another?

Discussion #2: What does it mean to walk in the light? Why is that so important? What does this practically look like in our lives?

Discussion #3: What does God promise us if we confess our sin and walk in the light? How does the assurance of this promise change our attitude and perspective?

1 John 2:1-11

Discussion #1: What does it mean that Jesus is our advocate? Why is this good news for us?

Discussion #2: How can we know that we have come to know God? What does this look like in our lives?

Discussion #3: How can we walk as Jesus walked and obey his commandment to love? What are practical ways that we can foster and show love for others?

Apply and Obey

To obey what God says, this upcoming week I will...

I will share what I learned with...

Prayer Points

- Lord, Thank You--for being light and being faithful to your promise to forgive through the blood of Jesus.
- Lord, We Praise You--that in you is no darkness at all. We praise you for drawing near to us in Jesus.
- Lord, Help Us--to walk in the light and confess our sins.

The sad irony is that this need for relief and rest often drives people to that which corrupts and enslaves. The cold reality of grief, disease, guilt, sin, monotony, loneliness, and suffering weigh us down. Drugs, alcohol, mindless entertainment, sex outside of marriage, and all kinds of pleasures offer the false promise of escape and reprieve, but they ultimately provide no lasting rest from the burdens of life. So many of us are running and running on the hamster wheel of achievement, striving for some sense of accomplishment, self-worth, or satisfaction, and finding no finish line. I run and run and work and work, but I am never enough.

Jesus offers a better promise from a trustworthy heart. Consider his words from Matthew 11:28-30:

“Come to me, all who labor and are heavy laden, and I will give you rest. 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. For my yoke is easy, and my burden is light.”

The invitation is not one that comes with lofty qualifications. It is not made for the worthy or to the intelligent or to the ones who have it figured out. The invitation is to all who labor and are heavy laden. Come to me, burdened one. Come to me, anxious soul. Come to me, restless heart. And when we come, we do not find a cruel and calculating taskmaster. We do not find someone judgmental and cold who is looking for our faults and failures. We find a Master that is gentle and lowly in heart. He is tender and gracious and understanding. He bears our burdens; he takes on our struggle. He gets us in the very depth of his heart.

The call of discipleship is not one that is devoid of effort or sacrifice. It is not a life divorced from active intentionality. Indeed, Jesus calls us to take up a cross, to sacrifice, and to obey. But he does not call us to do any of these very difficult things without also promising to carry the load as we learn from him and trust in him. Discipleship is not a call to work and work to earn a prize that is unattainable. It is to live in light of the finished work of Christ and enjoy the restful labor to which he calls us as he empowers us for joyful service. He alone provides unwavering friendship. He alone can understand our deepest pains. He alone can satisfy our longings for purpose and relationship. He alone can offer freedom from guilt and fear. Jesus alone gives rest. It is a gift for those who come to him in faith.

"Hear, O Israel: The Lord our God, the Lord is one. You shall love the Lord your God with all your heart and with all your soul and with all your might. And these words that I command you today shall be on your heart. You shall teach them diligently to your children, and shall talk of them when you sit in your house, and when you walk by the way, and when you lie down, and when you rise. You shall bind them as a sign on your hand, and they shall be as frontlets between your eyes. You shall write them on the *doorposts* of your house and on your gates." --Deuteronomy 6:4-9

This invitation is a call into a lifelong relationship of learning. Learn from me, he says. Learn the way of rest. Learn the way of peace. Take upon the yoke of my teaching and find rest and joy in my way of life. Too many people think of God as a burden-giver, placing heavy expectations on people out of vindictiveness or spite or arbitrary whim. But Jesus does not give us commands to burden us but rather to free us. He knows what suffocates our souls. He knows what fails to satisfy our hungry hearts. He knows that the things we often pursue are deadly, heavy chains. So also he knows the way of freedom and life. He not only knows it, but he shows us the way with his life and empowers us by his Word and his Spirit.

So in our restless age, let us look to Jesus and run to him with every problem, every heartache, every burden. Let us bring to him every burden and learn from him the wise way of living. Let us lay down our self-sufficiency, our pride, and our control so that we may find the sweet promise of rest both now and forevermore.

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