

Natalie W. Bell
July 5, 2026

Come To Jesus
Matthew 11:28-30

²⁸ “Come to me, all you that are **weary** and are carrying **heavy burdens**, 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.**”

To really understand Jesus’ words today, and their power, we need to know their CONTEXT.

Before this,

Jesus talks about how people have not accepted or understood John the Baptist, or Him.

People have accused John of having a demon, and Jesus of being a drunkard because he eats with sinners!

The only ones who ***DO understand Jesus are what he calls the ‘infants’***, By that he means the humble, the lowly, the least of these in society-- NOT the powerful, rich, or mighty.

Which means, this is a ***STRANGE message*** for us having just celebrated Independence Day and the ***power and might*** of our amazing country! It’s also strange given the fact that most leaders and people in general today, Do ***NOT*** demonstrate humility, or lowliness. In fact—pride, power, even manipulation and revenge are celebrated!

But we as Christians are called to a ***SPECIAL way*** of life—
a life of HUMILITY,
a life of following in the footsteps of Jesus.

Which is definitely ***a more DIFFICULT way of life***, not an easy one. This is confirmed when we read Jesus’ Sermon on the Mount in Matthew 5 and 6.

And in Matthew 10 and 11, we see people actually turn away from Jesus, because it is so challenging to follow Him!
That is the **CONTEXT for these comforting verses**.

So WHO is Jesus talking to?

Well, he is speaking to people who are *weary*,
People who have been *abandoned, left behind, or forgotten*.
These are words for the *least of these*,
The *poor, the oppressed, the marginalized*.
These are words for those who are *sick, or grieving, or suffering*.

We might not feel like the poor or marginalized,
Just being in this country makes us privileged.
But can't we ALL identify with WEARINESS?
With carrying heavy burdens?
Don't we ALL need to hear his words of comfort and assurance?

Come to ME, Jesus says.

That's the starting place for all of us when we need help and hope, right?
That's where **we SHOULD go** when we are weary and carrying heavy burdens.
After all, Jesus is the **ONLY one** who can and will help us.
But **IS that** where we actually turn?

COME TO ME, says Jesus.

So, why are we so quick to run to OTHER people and places,
Even to **activities** and **substances** and **busyness**....instead of going to Jesus?
Is it that we don't want to wait—
Or that we think other **PEOPLE** will help us sooner?
Or other **THINGS** will soothe us more?
It's easy to turn to things like food, drink, or shopping, to soothe us, isn't it?
It might seem simpler to pick up the phone and call a friend....

But what if we FIRST went to Jesus?

Some would say, he already knows what's happening. Which is true.
But even if your friend already knows something,
isn't there value in *sharing* with them? In *opening* your heart and life?

Isn't it **healing and helpful** to tell your story?
 Jesus does know what's happening in our lives,
 but he still wants to **hear about it from us**.
 When we go to Jesus,
 we can find **healing, strength, release, freedom, even new life!**

If we DON'T come to Jesus, what's stopping us?
 What's holding us back?
 How can **we make the time and effort** to come to the One
 who always listens and always helps?

Jesus doesn't just invite us, he says:
Come to me.....ALL who are WEARY
 Not some. Not a few.
 Not a select group of people who are good enough.
 But **ALL** people—everyone who is weary.

Do any of YOU feel weary today?
 I know I do!
 There's so much going on in our lives, and our world.
 Seems like just when life calms down, something else happens—right?
Take your pick of problems,
 there's always something to worry about isn't there?

Aren't we **ALL weary** in some way?
 The good news is, we are **ALL invited** to come to Jesus,
 to share our troubles and sorrows,
 And to surrender the burdens we carry.

He's talking to ALL OF US, right?
 We might be burdened--
 With fear about the future,
 Or work or finances, or family issues.
 We might be burdened with the expectations of others,
 Or a strong desire to be in control of our own lives.

What do **YOU need to let go of**? What **burdens** are breaking you?

What do you need to **hand over** to Jesus?

Could you imagine **laying down YOUR burdens at the foot of the cross?**

Sometimes just **picturing** that is helpful.

Sometimes it helps to do something **tangible**, like writing it down—symbolizing our surrender.

What do you need to hand over, and how could you do that this week?

Jesus' words of comfort don't stop there.

He goes on to say: 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.***

A yoke, in Jesus' day, was a tool for two animals to carry a load, together.

So, Jesus wants us to have HIM as a PARTNER,

So he can carry burdens WITH us....

And FOR us.

He says take MY yoke upon you,

And learn from ME---because his way is easy and light.

That Greek word for easy is *chreestos*---

which means kind, good,

but it's also related to the word for Messiah, *christos*.

So it's almost like Jesus is saying what I bring you is good, kind, and a totally different way of life.... MY way of life.

What's the GOAL of having Jesus take our burdens?

The goal is rest. Rest for our souls.

Which I think sounds incredible, right?

It's summertime, so we are thinking even more about vacations, and time with family and friends....

But, most of us answer the question ***"How are you?"*** with the words:

I'm so busy!

And here's the deal for every one of us--- I'm preaching to myself especially, Jesus doesn't want us to constantly live stressed and busy!

He wants us to find rest, refreshment, and peace,

Even in the midst of life's storms.

I was listening to Father Mike on Sundays with Ascension,

And he said something that really stuck with me:

He said: Jesus was NEVER in a hurry, and he NEVER worried!

Wow.

Think about that!

No hurry, and no worry.

Can you even imagine life without those two things?

Why was Jesus free from that?

Well, he **ALWAYS** *relied* upon his heavenly Father.

He **trusted** God—for everything.

He knew that God would provide for his needs,

and that time spent with God was always worthwhile.

If anyone could have said in Jesus' day that he was busy,

It would have been Jesus of Nazareth!

He was constantly being asked to heal, teach, preach, travel, host!

He had thousands of people pressing in on him,

Demanding his time and energy and effort.

But WHAT did he ALWAYS make time for?

He made time to go away alone, and pray.

He made time for worship.

He made time to spend with God—alone, away from the crowds,

even away from his 12 disciples.

How often do WE do that?

How often do we take time out of our day, to just read God's Word?

To pray, and sit in God's presence?

Part of following in the footsteps of Jesus is doing that.

But it's often something we skip,

If we feel like we are 'too busy'!

Even though stopping for that, would help our time and priorities!

Father Mike talked about the ‘hurry sickness’ of our world today.

Everyone is busy, and in a hurry, practically all the time, right?

Ask yourself this:

How often are you scanning for the fastest check out line at the store?

Or doing three things while on the phone?

Or checking email, web and social media, all at once?

How often do you multitask?

How often do you change lanes on the highway,
just to get there one second faster?

If you do these things, you might suffer with ‘hurry sickness’!

***Fr. Mike described his frustration with someone going
50mph in a 60mph zone!***

He thought to himself, *don’t they know the speed limit is 60?*

Doesn’t he understand that you should be going AT LEAST 60,
if not 5-10 miles over?

And then it dawned on him.

The road sign reads: ***Speed LIMIT. (NOT minimum)***

In other words, some people can and will drive slower....
which drives many of us, crazy!

(I might add that this is especially true here in the Garden state!)

Fr. Mike, Ascensionpress.com/hurry-and-worry-14th Sunday ordinary time

In this country, BUSY is the NORM!

But for those who want to follow in the footsteps of Jesus,

Who ***NEVER hurried or worried***, we need to slow down,

And surrender.

And because it’s not natural for us,

we have to practice it over and over again!

***Theologian Dallas Willard famously said to a friend in ministry:
“Embrace the ruthless elimination of hurry”***

Why?

Because hurry is the enemy of Christian life.

Now that’s something to consider, isn’t it?

If we are in a hurry we can forget, ignore, make mistakes, get stressed out
and overwhelmed and worried...

But Jesus DIDN'T ***hurry***.

He also didn't ***worry***.

Because he TRUSTED God.

Because he knew that God was always with him, helping and guiding him.

Holocaust survivor and author of *The Hiding Place*,

Corrie Ten Boom, once said:

“If the devil can’t make you sin, he’ll make you busy”

Isn’t there truth in that?

We have so many modern conveniences,

to speed up our lives and productivity....but what harm does it cause?

Before the lightbulb was invented people slept on average 10 hrs a night,

Because of the natural light and darkness around them!

historical researcher A. Roger Ekirch in his book [*At Day's Close: Night in Times Past*](#),

So how do we STOP the hurry and worry?

Often, hurry comes from not having our priorities in order.

We put things off, or we jump into other things too quickly.

We might hurry because we are late....because we procrastinated,
or we failed to act when we should have.

And all of that leads to more and more worry.

So what if we asked Jesus for help with our priorities?

There is a GOOD busy---when our lives are full of purpose,

And a BAD busy—when we are spinning our wheels,

trying to do too much at once, and doing none of it well!

We can ask Jesus—for help with putting first things first.

Take my yoke and learn from me, Jesus says.

We need to watch Him, learn about his life and ministry,

We need to read God’s Word....

All of that can help get our priorities straight!

HURRY is connected to WORRY.

When we ***hurry***, we often ***worry***.

And Jesus spoke about the dangers of worry.

He said “*Do not worry about anything, for your Father knows what you need, and will provide*”!

And when we **worry**, we often start to **hurry**!

Both activities are usually based in **FEAR**.

Which is definitely NOT what Jesus wants for us!

If we can COME TO JESUS----

We might just be able to SLOW DOWN, and GIVE UP WORRY,

So we can and find rest.

The kind of rest we REALLY need—

not a vacation from trouble,

but the ability to **rest** even **in the midst of it**.

The ability to find peace, no matter what we are facing!

And **refreshment** in the midst of suffering.

Don't we ALL need that?

Friends, hear the **Good News of the Gospel** today:

Jesus says to each one of us:

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

Take my yoke and learn from me....for my way is easy and light.

May we **go to Jesus**—

especially **when we are weary**,

And **surrender our hurry, our worry, and all of our burdens**

so that we can **find HIS REST**.

And for that, all God's people can say together, Amen.