



Island Pond Baptist Church | Pastor Kyle Lewis | March 3, 2019

## Finding Spiritual Peace

Matthew 11:28-30

\_\_\_\_\_ peace is only found in Jesus Christ.

**Matthew 11:28-30** - 28 Come to me, all who labor and are heavy laden, and I will give you rest. 29 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. 30 For my yoke is easy, and my burden is light.

### 4) The Fine Print... (vv. 29-30)

Two Benefits:

- 1) "for I am gentle and lowly [humble] in heart"
- 2) "you will find rest for your souls."

**Hebrews 4:9-11** - 9 So then, there remains a Sabbath rest for the people of God, 10 for whoever has entered God's rest has also rested from his works as God did from his. 11 Let us therefore strive



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to enter that rest, so that no one may fall by the same sort of disobedience.

Sabbath rest does not refer to resting on \_\_\_\_\_, but resting from \_\_\_\_\_ to get to heaven.

### 3) The Instructions ... (v. 29)

We are all \_\_\_\_\_ to something.

### 2) The Invited ... (v. 28)

Labor: *to toil, work with effort*

Heavy Laden: a load, burden

**Matthew 23:4** - They tie up heavy burdens, hard to bear, and lay them on people's shoulders...

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Some people come, but to the \_\_\_\_\_ person.

There is a difference between encountering \_\_\_\_\_ and encountering \_\_\_\_\_.

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