

Matthew 11:28-30

*“Come to me, all you who are weary and burdened, 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 posture most natural to Jesus is not a pointed finger but open arms.

The point in saying that Jesus is lowly is that he is *accessible*.

You don't need to unburden yourself to come to Jesus. Your very burden is what qualifies you to come.

His yoke for us is kindness

Jesus doesn't just meet us at our place of need; he lives in our place of need.

*This is why we need our Bibles. Our natural intuition can only give us a God like us.*

His life proves his heart.

*“Yes, he is the fulfillment of the Old Testament hopes and longings. Yes he is one whose holiness causes even his friends to fall down in fear, aware of their sinfulness. Yes, he is a mighty teacher, one who's authority outstripped even that of the religious PhDs of the day. To diminish any of these is to step outside of vital historic orthodoxy. But the dominant note left ringing in our ears after reading the Gospels, the most vivid and arresting element of the portrait, is the way the Holy Son of God moves toward, touches, heals, embraces, and forgives those who least deserve it yet truly desire it.*

-Dane Ortlund

His most natural instinct, is to move toward that sin and suffering, not away from it.

Jesus' entire ministry was one of giving back to undeserving sinners their humanity.

*“Jesus is love covered over in flesh.”*

- The Puritan - Thomas Goodwin

When you come to Jesus for mercy and love and help in your anguish and perplexity and sinfulness, you are going with the flow of his own deepest wishes, not against them.

*“Since then we have a great high priest who has passed through the heavens, Jesus, the Son of God, let us hold fast our confession. For we do not have a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tempted as we are, yet without sin. Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need.”*

Hebrews 4:14-16 ESV

*Only Jesus can give you the rest, relief, and healing that you need.*