

Why Not Give Up Your Burdens for His Rest?

Text: Matthew 11:28-30

Summary

Jesus invites all who are weary and burdened to come to Him ([Matthew 11:28-30](#)).

The world's way is laborious, vain, and ends in emptiness. It offers no lasting satisfaction.

Christ offers an exchange: our heavy burdens for His rest.

To take His yoke means to join our life to His, living in submission, discipleship, and trust.

His yoke is easy because it fits us perfectly; His burden is light because He carries it with us.

Through the Spirit, obedience becomes possible, joy replaces striving, and eternal reward is assured.

Life is choice-driven: we must choose between the world's crushing yoke or Christ's life-giving one.

Multiple Choice Questions

1. According to Matthew 11:28, who is invited to come to Jesus?

- a) The strong and successful
- b) The weary and burdened
- c) The religious leaders
- d) Only His disciples

2. What does the word "labor" in this passage represent?

- a) Agricultural work only
- b) Joyful effort
- c) Weariness from striving without rest
- d) A reward for service

3. What does Jesus promise those who come to Him?

- a) Wealth and power
- b) Rest for the soul
- c) Freedom from all trouble
- d) Immediate success

4. What is the significance of the yoke in verse 29?

- a) It represents slavery
- b) It symbolizes discipleship and submission to Christ
- c) It refers to physical rest only

d) It is an Old Testament sacrifice

5. Why is Christ's yoke described as "easy"?

- a) It requires no obedience
- b) It is lighter than the world's burdens and fits us perfectly
- c) It removes all responsibility
- d) It eliminates suffering completely

6. What makes Christ's burden light?

- a) It is symbolic only, not real
- b) It is temporary
- c) He carries it with us and gives strength through the Spirit
- d) It changes depending on circumstances

7. Which Old Testament book highlights the vanity of worldly striving?

- a) Genesis
- b) Proverbs
- c) Ecclesiastes
- d) Isaiah

8. What does it mean to "learn from" Christ?

- a) To study ancient traditions
- b) To imitate His humility and obedience
- c) To memorize Scripture only
- d) To attend worship services regularly

9. What is the final outcome of choosing the world's way?

- a) Eternal reward
- b) Joy and peace
- c) Vanity and death
- d) Material blessings forever

10. What is the outcome of taking Christ's yoke?

- a) Rest, life, joy, and eternal reward
- b) A trouble-free life on earth
- c) Freedom to do as we wish
- d) Escape from all responsibility