

Finding Rest For your Soul **2**



“Take my yoke upon you, and learn of me; I am meek and lowly in heart: and ye shall find rest unto your souls. For my yoke is easy, and my burden is light”

- Mathew 11: 29-30.

There are a number of pre-conditions we must satisfy if we must find rest for our souls. We must humble ourselves and be open to the dealings of God. We must labour to come into our rest. In other words, there is a price we must pay to enter into this provision of rest that God has made for us. “There remaineth therefore **a rest to the people of God**. For he that is entered into his rest, he also hath ceased from his own works, as God did from his. **Let us labour therefore to enter into that rest**, lest any man fall after the same example of unbelief” (**Hebrews 4: 9-10**). Entering into our rest is not incidental. We must be deliberate about it. There are steps we must take, there are attitudes we must adopt, there are new dispositions we must take on, there are sacrifices we must make if we must enter into our rest. We must labour to enter into His Rest. Jesus himself stated the pre-conditions in **Mathew 11: 29-30**. They include the following: -

Take My Yoke Upon You

The Lord Jesus has a yoke that we must willingly receive and take on ourselves. A yoke in medieval times is described as a wooden crosspiece that is fastened over the necks of two animals and attached to the plough or cart they are to pull. Generally speaking, a yoke is referred to as something regarded as oppressive and restrictive. A yoke is similar to a harness.

Harness can be described as a set of straps and fittings by which a horse or other draught animals is fastened to a cart or a plough and is controlled by its driver.



A yoke is inconveniencing, restrictive, and uncomfortable. Any animal under a yoke is fastened in and locked in. The animal cannot do whatever it likes. It must do the bidden of its driver alone. Jesus is saying to us, we must willingly accept to take his yoke upon us. We must surrender all our liberties to him. He must be the only driver in our lives. We must follow him wholly and wholeheartedly. We must do his bidden alone. The Lord Jesus has put his straps and fittings over our necks and we are his plough to be directed and driven by him and him alone. His mission is the mission for our lives “And he said to them all, if any man will come after me, let him deny himself, and take up his cross daily, and follow me. For whosoever will save his life shall lose it: but whosoever will lose his life for my sake, the same shall save it” (Luke 9: 23-24).

Jesus said any man that will follow me will be faced with some hard choices. He must make up his mind to willingly deny himself, take up his cross on a daily basis and daily crucify himself on that cross. Paul in I Corinthians 15: 31 said “I die daily”. “Always bearing about in our body the dying of the Lord Jesus (taking his yoke upon us), that the life also of Jesus might be made manifest in our body. For this reason, we which are alive are always delivered unto death for Jesus’ sake, that the life also of Jesus might be made manifest in our mortal flesh. So that death worketh in us so that life can work in you” (2 Corinthians 4: 10-12). “But what things were gain to me, those I counted loss for Christ. Yea doubtless, and I count all things but loss for the excellency of the knowledge of Christ Jesus my Lord: for whom I have suffered the loss of all things, and do count them but dung, that I may win Christ, and be found in Him, not having mine own righteousness, which is of the law, but that which is through the faith of Christ, the righteousness which is of God by faith” (Philippians 3: 7-9).

Learn of Me

Learning is a process. Learning involves putting ourselves in a situation where we can be focused, devoid of distraction so that we can honestly and truthfully receive information that we can process and internalize for the purpose of impacting our lives positively. We must be willing to sit down and receive tutorials from him and learn of him. Sitting still before the Lord and learning from him is not an easy thing for many.

We live in a fast and busy world. Today our lives are defined by how much we can multi-task, and by the amount of activity we are involved in, but we must learn to stand still before the Lord so that we can see his salvation and truly enter his rest “Now it came to pass, as they went, that he entered into a certain village: and a certain woman named Martha received him into her house. **And she had a sister called Mary, which also sat at Jesus’ feet, and heard his word (learned from him).** But Martha was cumbered about much serving, and came to him, and said,

Lord, dost thou not care that my sister hath left me to serve alone? Bid her therefore that she helps me. And Jesus answered and said to her, Martha, Martha, thou art careful and troubled about many things: **But one thing is needful: and Mary hath chosen that good part, which shall not be taken away from her** (Luke 10: 38-42).

Jesus said to Martha only one thing is needful, and that was what Mary has chosen to sit quietly before the Lord unperturbed, undisturbed, and undistracted to learn from the presence of the Lord. We need to study to be quiet... As the Lord has commanded us (I Thessalonians 4: 11). We need to slow down a bit, and quieten down a bit. We are too noisy. Our meetings are generally too noisy. We can't hear the Lord; we can only hear ourselves. Noisiness does not equate anointing. We need to learn to stand still before the Lord so that we can truly see the salvation of the Lord. Many, today faint and are weary, and many utterly fall (because of activities): But they that wait upon the Lord shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, walk and not faint (Isaiah 40: 30-31). Many times, the Lord is not in the great and strong winds that rent the mountains, and brake in pieces the rocks, neither is the Lord in the earthquake and in the fire but the Lord is in the still small voice (I Kings 19: 11-12). May we not miss this small still voice.

The Lord Shall Sit As A Refiner And Purifier

The Lord whom we seek, shall suddenly come to his temple, the one whom we delight in, he shall come, saith the Lord of hosts And he shall sit as a refiner and purifier of silver: and then shall purify the sons of Levi, and purge them as gold and silver, that they may offer unto the Lord an offering in righteousness (Malachi 3: 1, 3). The Lord is visiting his people in a new wave of visitation. The Lord whom we have been seeking for, the Lord whom we delight in, he shall visit us in his power to purify and refine us. He is not going to be rushed in doing this. He will take his time to do a thorough work in us. The work He will do in us will be painstaking, deep, and comprehensive. He will not rush it, neither will we also be able to rush Him. We cannot hurry or rush his dealings in our lives.

He shall sit as a refiner and a purifier of silver: and he shall purify us, and purge us as gold and silver so that we can enter into our rest, and offer unto the Lord an offering in righteousness. This process is not going to be easy. It is going to be painstaking. It is not going to happen in an instant. It is going to involve an inner dealing that will systematically burn off all the impurities in our life. The Lord himself will manage this process in our lives as we let him. He will supervise this process as we take his yoke upon ourselves and learn of him. He will thread the needle through the intricacies of our lives, healing and mending our lives as we submit to him. He will do this as we stay quietly under his tutelage and quietly learn of him, learning to look unto him the author and finisher of our faith. The work that the Lord will do in our lives will be personal



to us. It will be one by one as we let him. It's going to be a lone walk with him. Are we ready to go through this lone walk with him.

As we take his yoke upon us and learn of him, he will be the shepherd of our soul. He will take the lead in our lives, and make us to lie down in green pastures: he will lead us beside the still waters, while he teaches us that it is in returning and rest that we shall be saved, and in quietness and in confidence shall be our strength. He will restore our souls, and he will lead us in the paths of righteousness for his name's sake. Even though we walk through the valley of the shadow of death, we shall fear no evil because he is with us, and his rod and staff will comfort us. He will prepare a table before us in the presence of our enemies, and he will anoint our head with oil, and our cups will run over. All this because his yoke is easy and his burden is light ([Psalm 23](#); [Isaiah 30:15](#); [Mathew 11: 30](#)).

His Yoke is Easy and His burden Is Light

“For I know the thoughts that I think towards you, saith the LORD, **thoughts of peace, and not of evil, to give you an expected end.** Then shall you call upon me, and you shall pray unto me, and I will hearken unto you. And ye shall seek me, and find me, when ye shall search for me with all your heart. And I will be found of you, saith the LORD: and I will turn away your captivity...” ([Jeremiah 29: 11-14](#)).

The plans and the thoughts of the Lord for every area of your life is inherently good. He is concerned about you. He is actively thinking about you. He knows all that you are going through. His thoughts for you are to bring you into a place of rest and peace. He wants you to have a future and a hope. He wants to answer your prayers. He wants you to find him and to know him. He has delivered you from the kingdom and power of darkness, and has translated you into the kingdom of his dear Son ([Colossians 1:13](#)). Any day any time his yoke is easy and his burden is light, if only we shall open our heart and seek him with all sincerity.

Jesus said “I am the door: by me if any man enter in, he shall be saved, and shall go in and out, and **find pasture.** The thief cometh not, but for to steal, and to kill, and to destroy: **but I am come that you might have life, and have it more abundantly**” ([John 10: 9-10](#)). The devil has no good plans for us. This alternative is not an option for us at all. But many are being lured and deceived into destruction.

Jesus said further “I am the good shepherd: the good shepherd giveth his life for the sheep. But he that is a hireling, and not the shepherd, whose own the sheep are not, seeth the wolf coming, and leaveth the sheep, and fleeth: and the wolf catcheth them, and scattereth the sheep. The hireling fleeth, because he is an hireling, and careth not for the sheep. But I am the good shepherd, and know my sheep, and am known of mine” ([John 10: 11-13](#)). What better assurance do we need for us to know that we are in good hands with Jesus. His yoke is easy and his burden is light.

“Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; thy rod and thy staff they comfort me. Thou preparest a table before me in the presence of my enemies: thou anoint my head with oil; my cup runneth over. Surely goodness and mercy shall follow me all the days of my life: and I will dwell in the house of the LORD forever” (Psalm 23: 4-6).

The devil is the taskmaster. He has no good plan for you. He deceives with the pleasures of sin, which is transient and momentary, but the pangs of death and destruction hangs over anyone trapped in his deception. He has come with only one mission – to steal, to kill, and to destroy. But the Lord has heard the cry of our hearts and has seen what the taskmaster has done to us. He has seen our sorrows, he has seen the oppression wherewith the Egyptians has oppressed us; and he has come down to deliver us from the hands of our taskmasters, and to bring us into a good land and unto a land that is flowing with milk and honey (Exodus 3: 7-9). His yoke is easy and his burden is light.

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