

Gentle and lowly – Matthew 11:28-30

3rd January 2021

Introduction



The burdens we carry

“Come to me all you who are weary and burdened...” (verse 28)

Some of the burdens...

Write down two or three that you most feel at the moment...

The heart of Jesus: Gentle and lowly

“I am gentle and humble in heart” (verse 29)

> “Gentle” - see also Matthew 5:5, 21:5, 1 Peter 3:4. Meek / humble / gentle. Posture of open arms.

> “Lowly” - see also James 4:6, Luke 1:52, Romans 12:16. He's with us in the dust / in the pit.

Has Jesus abandoned us when we're suffering?

“We do not have a high priest who is unable to feel sympathy (*suffer with*) for our weaknesses, but we have one who has been tempted in

every way just as we are – yet he did not sin.” (Hebrews 4:15)

The offer of Jesus: “Come to me.”

“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 humble in heart.” (verses 28-29)

> Result – Rest

> Yoke – verse 30 – see also Psalm 16:11

> Why do so many refuse the invitation?
Desire to be independent / in control
Result – wrath – Matthew 11:21-22

Application - “Come to me”

How do we come to him? Tell him about our weakness and need; Admit we can't do anything; Ask him to take the burden and give us rest; Ask him to be our Lord and Saviour and Shelter; Accept his yoke.

Come in
suffering
weariness and striving
when tempted to sin / when we have sinned (Hebrews 7:25, 1 John 2:1)

Taking it further

Book of the term: “Gentle and Lowly – the heart of Christ for sinners and sufferers” - Dane Ortlund.

<https://www.thegoodbook.co.uk/gentle-and-lowly>