

Taking the Lord as Rest, Eating Him as Crumbs, and Doing the Father's Will

Series:
The Gospel
According to
Matthew

Take My yoke upon you and
learn from Me, for I am
meek and lowly in heart,
and you will find rest for
your souls.

Matthew 11:29

Christ is our Rest

Start by opening your Bible and reading Matthew 11:16-24. Then go on to read the verses below.

- **Matthew 11:25-27** At that time Jesus answered and said, I extol You, Father, Lord of heaven and of earth, because You have hidden these things from the wise and intelligent and have revealed them to infants. **26** Yes, Father, for thus it has been well pleasing in Your sight. **27** All things have been delivered to Me by My Father, and no one fully knows the Son except the Father; neither does anyone fully know the Father except the Son and him to whom the Son wills to reveal Him.
- **Matthew 11:28-30** Come to Me all who toil and are burdened, and I will give you rest. **29** Take My yoke upon you and learn from Me, for I am meek and lowly in heart, and you will find rest for your souls. **30** For My yoke is easy and My burden is light.
- To take the Lord's yoke is to take the will of the Father. It is not to be regulated or controlled by any obligation of the law or religion or to be enslaved by any work, but to be constrained by the will of the Father. The Lord lived such a life, caring for nothing but the will of His Father. He submitted Himself fully to the Father's will. Hence, He asks us to learn from Him (*footnote on Matthew 11:29 from the Recovery Version of the Bible*).



- What did you pick up, or see, in these passages in Matthew 11?
- What does it mean to take the Lord's yoke?
- Spend a minute to pray over this last set of verses.

Christ is the Crumbs under the Table

- **Matthew 15:21-28** And Jesus went from there and withdrew into the parts of Tyre and Sidon. **22** And behold, a Canaanite woman came out from those borders and cried out, saying, Have mercy on me, Lord, Son of David! My daughter suffers terribly from demon possession. **23** But He did not answer her a word. And His disciples came and implored Him, saying, Send her away, for she is crying out after us. **24** But He answered and said, I was not sent except to the lost sheep of the house of Israel. **25** But she came and worshipped Him, saying, Lord, help me! **26** But He answered and said, It is not good to take the children's bread and throw it to the little dogs. **27** And she said, Yes, Lord, for even the little dogs eat of the crumbs which fall from their masters' table. **28** Then Jesus answered and said to her, O woman, great is your faith! Be it done to you as you wish. And her daughter was healed from that hour.
- Here another opportunity was created for Him to reveal Himself, this time as the children's bread. The Canaanite woman considered Him the Lord – a divine person – and the Son of David – a royal descendant, great and high in His reign. But He unveiled Himself to her as small pieces of bread, good for food. This implies that as the heavenly King, He rules over His people by feeding them with Himself as bread. We can be the proper people in His kingdom only by being nourished with Him as our food. To eat Christ as our supply is the way to be the kingdom people in the reality of the kingdom (*footnote on Matthew 15:26 from the Recovery Version of the Bible*).



- The woman and the Lord called each other names. What were they calling each other? What do these names signify?
- When someone says, "Eat Jesus", how does that make you feel?

Doing the Will of the Father

- **Matthew 11:29-30** Take My yoke upon you and learn from Me, for I am meek and lowly in heart, and you will find rest for your souls. **30** For My yoke is easy and My burden is light.
- **John 5:30** I can do nothing from Myself; as I hear, I judge, and My judgment is just, because I do not seek My own will but the will of Him who sent Me.
- **John 6:38** For I have come down from heaven not to do My own will but the will of Him who sent Me.
- **John 4:14-15** But whoever drinks of the water that I will give him shall by no means thirst forever; but the water that I will give him will become in him a fountain of water springing up into eternal life. **15** The woman said to Him, Sir, give me this water so that I will not thirst nor come here to draw.
- **John 4:31-34** In the meantime, the disciples urged Him, saying, Rabbi, eat. **32** But He said to them, I have food to eat that you do not know about. **33** The disciples therefore said to one another, Has anyone brought Him anything to eat? **34** Jesus said to them, My food is to do the will of Him who sent Me and to finish His work.
- The sinner was satisfied by receiving the Savior's living water, and the Savior was satisfied by doing God's will in satisfying the sinner. Doing the will of God to satisfy the sinner is the Savior's food (v. 34) *(footnote on John 4:32 from the Recovery Version of the Bible)*.



- Have you ever thought that to do God's will is a kind of eating?