

**“A Labor Day Promise: Rest for Your Soul”  
Matthew 11:28-30**

- **The Context: The Sovereignty of God Over Salvation**

See Matthew 11:25-27

- **The Issue: Spiritual Exhaustion vs. Spiritual Rest**

“Rest for your souls” = Spiritual

- **The Way: Get Yoked with Jesus**

Personal Pronouns – “Me, I, My”

Yoke Uses – “Learn from Me”

- **The Reason: Genuine Rest for Your Soul**

Character: Gentle and Lowly in Heart

Burden: Easy and Light

- **The Point: Spiritual Rest Results from Trusting that Jesus Has Already Done the Work**

Romans 5:18-19