

**Come As You Are**  
**Guest Speaker: Bob Elster**  
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**NOTES:**

**Matthew 11:28**

**Come to me, all you who are weary and burdened, and I will give you rest.**

**1. “you who are weary and burdened”**

Weary – Tired, exhausted, worn out. Relates to working at something that really drains you.

Burdened – literally relates to loading items on a ship. The idea is loading burdens on ourselves.

Key Point: We are weary and burdened because we try to do it ourselves. We try to find fulfillment and joy ourselves. We try to be good enough ourselves. We try to grow ourselves. When we do this, we put a lot of weight on our shoulders and it gets very heavy. That’s exhausting and not the way it’s meant to be.

**2. “Come to me”**

Key Point: Jesus tells us to “come”. He doesn’t add a list of things we need to do or expect us to become better first. He calls us to “come” as we are, in the midst of our brokenness. The key to coming is surrender. We need to surrender all that we have and all that we are to Him. When we do this transformation begins!

Examples:

Luke 5:1-11 (Simon Peter)

Luke 5:27-31 (Levi)

Luke 5:12-13 (The man with leprosy)

Luke 15:11-31 (Prodigal Son)

Luke 18:9-14 (Pharisee & Tax Collector)

Luke 23:39-43 (Criminal on Cross)

**3. “I will give you rest”**

Key Point: Once we surrender it all to Jesus, He will give us rest. Then we need to surrender each day so as to not put those burdens back on ourselves.

**APPLICATION:**

- Acknowledge your brokenness, weariness and burden
- Come to Jesus and lay it all at His feet. Surrender!
- Experience the rest that only comes through Him
- Invite others to come with the same loving and graceful attitude as Christ

**QUESTIONS TO CONSIDER:**

1. Are you weary and burdened? What does that look and feel like for you?
2. Are you trying to do life on your own? Are you trying to fix things and grow on your own?
3. Have you COME to Christ? Are you daily COMING to Him? Have you surrendered it all to Him?
4. What happens when we truly COME to Him and SURRENDER all?
5. Have you experienced that rest? Do you experience it daily?
6. What can you do to more consistently experience the rest that God offers us?