

*“Come unto **ME**, all you that labour and are heavy laden,
and I will give you rest.*

*Take **My** yoke upon you, and learn of **ME**;
for **I am** meek and lowly in heart:
and you shall find rest for your souls.
For **MY** yoke is easy, & **MY** burden is light.”*

We all know **something is wrong** with this world: "We all agree that life is full of suffering." / [explain later]

- But the Bible tells us why:
it's not just part of a cycle
— **we suffer because the world is broken by sin** ⇒ **What is sin?**

- We live in a world filled with suffering, anxiety, and spiritual thirst.
- Many seek peace.
- Some look to religion, others to silence, and others to discipline.
- But even in those paths, peace often seems distant.
- Buddhism speaks deeply about suffering & the desire for liberation.
- But today, I want to present a message not about effort,
but about rest.
- Not about a path to walk alone,
but about a Savior who came to carry you.

Jesus Christ said, **“Come unto ME... and I will give you rest.”**

- Today's message is not about **a religion**. ⇒ It's about a **relationship**
- A relationship with the One who is the source of eternal life.

Jesus Christ offers what no path of human effort can: **true peace, forgiveness of sins, and eternal life** — not earned, but given.

I. **The Burden of Human Suffering (v.28)**

“All you that labour & are heavy laden...”

"The Bible teaches that there is **one eternal, personal God who created all things**.
He is holy, loving, and just.
He made us to know Him and live in peace."

- A. Jesus recognizes that life is hard, burdensome, and full of pain.
He speaks to those "who labor"— those who *struggle under the weight of trying to do good, be good, and reach spiritual peace*.
- B. In Buddhism, **suffering (*dukkha*) is central. It's real.**
And the Effort To End It Is Exhausting.
But even after many cycles, the soul still longs for peace.

- Jesus sees this burden — not just of suffering, **but of trying to save yourself.**
- He knows our hearts and **calls us to Himself.**

We all face specific burdens, struggles, and temptations and we all fail:

- The Bible uses several words to explain what is generally called “sin”
- According to the Word of God **sin includes all actions and attitudes** which “**miss the mark**” or “**fall short**” of God’s holy character, including all “wrongdoing, ignorance, & affection on carnal desires.
- **Sin is a willful expression of rebellion against the one true holy God.**

"Sin is not just doing bad things—it's our **heart turned away from God**

- We try to live life on our own terms.
- This separates us from God and brings judgment."

Explaining **Rom 6:23**: For the **payoff** of sin is **death**, but the **gift of God**

Wages of sin is death... is **eternal life** ⇨ **in Christ Jesus our Lord.**

GNT

(Good News Translation)

For **sin pays its wage—death**; but **God's free gift** is **eternal life** in union with Christ Jesus our Lord.

MSG (The Message)

Work hard for sin your whole life and **your pension is death.**

But God's gift is real life, **eternal life**, delivered by Jesus, our Master*.

- **Wages** = what we earn (because of sin)
- **Death** = separation from God
- **Gift** = something given freely
- **Eternal life** = restored relationship with God
- **In Christ Jesus** = the only source of life

C. “You don’t need to carry this weight alone anymore.”

- You may be **spiritually weary** from trying to be better,
⇒ **reach nirvana, eliminate karma.**

But the gospel says: **Come, not climb. Receive, not earn.**

“Jesus doesn’t add to your burden. He takes it.”

- Unlike the endless cycle of rebirth in Buddhism, the Gospel, the “Good News about Jesus Christ”, offers a **once-for-all solution**:

He took our place,
He was our substitute

Because we could not reach God ⇒ He came to us

Jesus, God’s Son, lived a perfect life & died for our sins* on the cross ↑

⇒ **He rose from the dead** ⇒ to offer forgiveness and eternal life

- *“But God demonstrates His own love toward us, in that while we were still sinners, Christ died for us.” Rom 5:8*

Buddhists believe in karma — cause and effect.

⇒ Christianity offers something radically different: GRACE ↓

— a **GIFT** from God that we do not deserve and cannot earn

- In Buddhism, your **future** ⇒ **depends** on your **past actions**.
- In the Gospel, your **future depends** on what Jesus has done for you.
- You don’t have to earn it—it’s a **gift** you receive by faith."

*For **by grace** you have been saved* **through faith**, and that not of yourselves; it is the gift of God, not as the result of “works”, so that no one can boast. – Eph 2:8-9*

II. The Gift of a New Savior and Lord / Master

*“Take **MY** yoke upon you, and **LEARN OF ME**...” (v.29)*

A. Jesus offers a “yoke” — a symbol of submission,

but also of partnership. He says: **Let ME lead**. • **Let ME walk with you**

B. In religion, yokes are often heavy.

- Laws, rules, and obligations — **an endless path of self-effort**.
- Jesus offers a *different* kind of yoke: light, relational, & full of grace*
- This is not mere knowledge, but **personal discipleship**. “Learn of Me”
— Jesus is a teacher, but also **THE SAVIOR** who walks with you.

“Stop striving. Start walking with the Savior.”

In Buddhism, there is no divine helper — only self.

But Jesus says: *I am with you,*

I will walk with you, and I will carry your burden.

“You don’t need a system. ➡ You need a Savior.”

III. The Promise of Rest for Your Soul

*“You shall find **REST** unto your **souls**.” (v.29)*

- A. Jesus doesn't just give physical rest or emotional peace
- He promises **rest for the soul**.
 - That **deep, eternal peace** that ends our spiritual wandering.

B. In Christianity, **REST** means **RECONCILIATION** with God.

- Not annihilation of self,
- ➡ but restoration of the soul through forgiveness.

Col 1:20 — *“Having made peace **through the blood of his cross...**”*

- The gospel is that **Jesus died for your sins**.
- He didn’t teach a way out of suffering
- He *entered into* suffering to save you from it.

C. *“He doesn’t just guide you to peace — He is your peace.”*

- You do not have to wait for another life.
- You do not have to undo your karma.
- You can have forgiveness and eternal life *today*.

“The peace you seek is a **Person: Jesus Christ.”**

● Jesus didn’t come to show you another path to follow.

● He came to be **the Way**. **Jn 14:6**

- ✓ He lived the perfect life you could not live.
- ✓ He died the death you deserved.
- ✓ He rose again to give you eternal life
- not after many lives, but *now*.

Conclusion If you've tried to find peace and failed,
if you've followed paths & still feel empty — Jesus is calling
“Come unto Me... and I will give you rest.”

He doesn't offer religion. ⇨ **He offers *Himself*.**

You don't need to be born many times to find truth.

You need to be ***born again*** (John 3:3)

This new life comes by faith.

Imagine a person trapped in a burning house.

- ***Buddhism*** offers advice:
'Try to meditate your way out, remain calm, detach from fear.'
- ***Jesus***, however, rushes into the fire, carries you out,
⇨ and takes the burns for you. ⇨ **That's the Gospel.**

Appeal Do you want this peace?
Do you want to know this Savior?

You can pray now:

“Lord Jesus, I admit I am tired and lost.

I cannot save myself.

I believe You died for me and rose again.

I TURN from my sin and TRUST IN YOU ALONE.

Be my peace.

Be my Lord. Amen.”