

Keavy Church Of Christ Beacon  
May 8, 2024

*We are located @ 21 Level Green Road, Corbin KY 40701, near the Keavy Elementary School. Our mailing address is P.O. Box 61 Keavy KY 40737. You can also reach us by text message or phone call @ (606)-216-1757, or by email at [keavychurchofChrist@outlook.com](mailto:keavychurchofChrist@outlook.com). Visit us online @ [www.keavychurchofChrist.com](http://www.keavychurchofChrist.com). We assemble Sunday mornings at 10:00 (Bible Study), 11:00 (Morning Worship), 5:00 (Evening Worship), and Wednesday evenings @ 5:00 (Bible Study). Free transportation to and from church is available upon request (as available). Free Bible studies through the mail are available upon request! Please come be with us: you will be our honored and welcomed guest!*

Sweet Rest

Long ago, Jesus Christ declared:

Matthew 11:28-30-Come to Me, all you who labor and are heavy laden, and I will give you rest. 29 Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls. 30 For My yoke is easy and My burden is light."

We see here some very important lessons.

First, Jesus offers rest to those who "labor and are heavy laden." These are people who are tired of the cares and troubles of this world. He can provide this sweet rest, because He was a "Man of sorrows, and acquainted with grief" (Isaiah 53:3). Second, this rest is offered to those who will come to Jesus. This implies that a person has the ability to come to the Lord. Some claim that a person is unable to come to Jesus, yet God draws people to Jesus through the Holy Scriptures.

John 6:44-45-No one can come to Me unless the Father who sent Me draws him; and I will raise him up at the last day. 45 It is written in the prophets, 'AND THEY SHALL ALL BE TAUGHT BY GOD.' Therefore everyone who has heard and learned from the Father comes to Me.

This promise is for every sinner that will seek the Lord, regardless of sin (1 Corinthians 6:9-11; 2 Peter 3:9), gender (Mark 10:6; Galatians 3:26-27), or nationality (Acts 10:34-35; 17:26-28).

This rest is conditioned upon learning from the Savior. Jesus' words have the power to set us free (John 8:32), since they are spirit and they are truth (John 6:63). The Gospel can set every sinner free from sin and guilt, and Jesus' words have power to help a person with anxiety and depression (Matthew 5:3-10). We are blessed with many mental health care specialists and medicines to help people with issues like we are talking about, and their expertise should not be discounted or neglected since the Bible authorizes the use of legitimate medicinal help (cf. Luke 10:34; Colossians 4:14; 1 Timothy 5:23). Several mental health care professionals through the years have acknowledged the importance of Jesus' teaching in the field of sound mental health.

For example, renowned psychiatrist Dr. James T. Fisher once noted:

“For a specific illustration, I believe the following to be true: If you were to take the sum total of all the authoritative articles ever written by the most qualified of psychologists and psychiatrists on the subject of mental hygiene—if you were to combine them, and refine them, and cleave out the excess verbage—if you were to take the whole of the meat and none of the parsley, and if you were to have these unadulterated bits of pure scientific knowledge concisely expressed by the most capable of living poets, you would have an awkward and incomplete summation of the Sermon on the Mount. And it would suffer immeasurably through comparison. For nearly two thousand years the Christian world has been holding in its hands the complete answer to its restless and fruitless yearnings...But there are, unfortunately, many self-avowed atheists and many agnostics who refuse to listen.” (Dr. James T. Fisher, *A Few Buttons Missing: The Case Book of a Psychiatrist*, 4355-4377 (Kindle Edition): Muriwai Books)

Finally, the decision to learn from the Savior means to take His yoke upon us. We come to Jesus for salvation and healing, and we freely join ourselves to His work. The idea of “yoke” is that of responsibility and labor. When we repent of our sins and are baptized into Christ, we are saved (Acts 2:38). This is the beginning of our Christian life and responsibility.

Friends, will you not turn to the Lord today? We stand ready to assist you.

The grace of the Lord Jesus Christ, and the love of God, and the communion of the Holy Spirit, be with you all. Amen.

Friends, in our troubled and difficult world, Jesus has the answers that we need. Will you not please consider