



THE YARBER INSTITUTE FOR SURRENDERED LIVING

FREE RESOURCE • SCRIPTURE REFLECTION NO. 01

# Come Unto Me

*Matthew 11:28–30 | Surrender That Leads to Rest*

*“Come unto me, all ye 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 ye shall find rest unto your souls. For my yoke is easy, and my burden is light.” — Matthew 11:28–30 (KJV)*

## Central Truth

Christian surrender is not merely letting go of burdens; it is coming to Jesus Christ and willingly receiving His leadership. He invites the weary to exchange isolated striving for a relationship of trust, instruction, and soul-deep rest.

## Biblical Context

Matthew 11 records both resistance to Jesus and His revelation of the Father. Immediately before this invitation, Jesus gives thanks that the Father reveals His truth to the humble rather than to those who rely upon their own wisdom (Matthew 11:25–27). The words “Come unto me” are therefore a personal summons to the One who reveals the Father—not merely an invitation to adopt a better coping strategy.

In the broader setting of Matthew, religious expectations could become burdensome when leaders multiplied demands without offering help (compare Matthew 23:4). Yet Jesus’ promise extends beyond that setting to everyone who comes to Him weary and burdened. His answer is not independence from all obligation; it is discipleship under a gentle and trustworthy Lord.

## Phrase-by-Phrase Reflection

### 1. “Come unto me”

**Explanation** The command is directed toward a Person. Jesus does not first point the weary to a technique, institution, or personal achievement.

**Spiritual insight** The doorway to biblical surrender is Christ Himself. We relinquish ourselves not into emptiness, but into His care.

**Application** Begin by bringing the actual burden to Jesus in prayer. Name the concern rather than merely rehearsing it in your mind.

## 2. “All ye that labour and are heavy laden”

**Explanation** Jesus addresses people who are toiling and carrying weight. His words acknowledge real weariness, including burdens that press upon the conscience and soul.

**Spiritual insight** Our exhaustion can reveal the limits of self-sufficiency. It may also expose responsibilities or fears we have tried to carry alone.

**Application** Ask: Am I weary from faithful work, from unrealistic expectations, or from trying to govern outcomes that do not belong to me?

## 3. “And I will give you rest”

**Explanation** The promised rest comes from Jesus. Verse 29 further describes it as rest “unto your souls,” deeper than a temporary pause in activity.

**Spiritual insight** Rest is relational before it is circumstantial. Christ can sustain us even while real responsibilities remain.

**Application** Receive needed physical rest, but also resist the belief that peace must wait until every problem is solved.

## 4. “Take my yoke upon you”

**Explanation** A yoke guided animals in work; in biblical and Jewish teaching it can also suggest submission to instruction and authority. Jesus asks His hearers to accept His yoke, not to live without direction.

**Spiritual insight** Surrender is an exchange of rule: no longer insisting that my will, timetable, reputation, or preferred outcome be ultimate.

**Application** Identify one decision in which you are resisting Christ’s wisdom. Choose one act of faithful obedience without demanding control of the result.

## 5. “Learn of me”

**Explanation** Christ’s invitation includes continuing discipleship. The weary are invited not only to receive help but to become His learners.

**Spiritual insight** Surrender is sustained by knowing His character and being formed by His teaching. It is not a single emotional moment.

**Application** Return to the Gospels. Ask how Jesus thinks, speaks, loves, responds to conflict, and entrusts Himself to the Father.

#### 6. “For I am meek and lowly in heart”

**Explanation** Jesus identifies gentleness and humility as central to His character. His authority is not harsh or exploitative.

**Spiritual insight** We can entrust ourselves to Christ because the One who leads us is both sovereign and compassionate.

**Application** When you fear surrender, examine whether you are imagining Jesus as an impatient taskmaster rather than the gentle Lord described here.

#### 7. “Ye shall find rest unto your souls”

**Explanation** This phrase recalls the Old Testament invitation to walk in God’s good way and find rest for the soul (Jeremiah 6:16). Rest accompanies a changed path, not merely a changed feeling.

**Spiritual insight** Yielding to Christ frees us from the exhausting demand to secure every outcome ourselves. His way gives shape to our peace.

**Application** What would change if you stopped assuming responsibility for making everyone understand, agree, or respond as you wish?

#### 8. “For my yoke is easy, and my burden is light”

**Explanation** Jesus does not promise a life without trials. Rather, His yoke is kind and fitting, and His burden is not oppressive like the burdens imposed by self-salvation or harsh masters.

**Spiritual insight** Submission to Christ does not eliminate responsibility; it places responsibility within grace and loving leadership.

**Application** Discern what He actually asks of you today. Release the extra weight of omniscience, perfect control, and self-justification.

### Surrender Insight

The movement of this passage is beautifully clear: come, take, learn, and find rest. Jesus calls us out of solitary striving and into His care and instruction. We do not surrender to an impersonal outcome. We surrender to Christ. The burden of being God was never ours to carry.

### Practical Application

- Name the specific burden you are carrying rather than speaking about stress only in general terms.

- Separate your faithful responsibility from what belongs to God: other people's choices, timing, final outcomes, and vindication.
- Practice one act of obedience that reflects Jesus' gentleness and humility.
- Build a rhythm of prayer, Scripture, and appropriate rest; surrender is not an excuse to neglect your health or responsibilities.

## Reflection Questions

1. What am I carrying as though the future depends entirely upon me?
2. Where have I mistaken surrender for giving up rather than entrusting myself to Christ?
3. What does Jesus' gentleness reveal about the safety of following Him?
4. Which burden is mine to carry faithfully, and which outcome must I place in God's hands?
5. What is one obedient step I can take today without knowing what happens next?

## Prayer

Lord Jesus, I come to You with the burdens I have named and the ones I have hidden even from myself. Forgive my attempts to control what belongs to You. Teach me Your way. Give me courage to obey, humility to learn, wisdom to recognize my responsibilities, and grace to release the outcomes I cannot govern. Let my soul find rest in Your gentle and faithful care. In Your name, amen.

## Closing Encouragement

**Rest begins not when I control everything, but when I come to the One who holds everything.**

Reflect • Pray • Surrender • Walk faithfully

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