



Bend Don't Break: Message Summary

Scripture: Matthew 11:28-30

Bottom Line: Your soul is at its best when it comes to Jesus for rest.

Overview: In this message, we explore the concept of "bending but not breaking" under life's pressures. As we go through life, there are seasons where we feel overwhelmed, overcommitted, and overexposed, constantly bending but hoping not to break. Jesus understands this and extends an invitation to all who are weary and burdened to find rest in Him.

Key Points:

1. Life's Pressures:

- Many of us feel like we are constantly bending—juggling responsibilities, work, family, and personal challenges. While bending builds resilience, it's important to recognize that continuous bending can lead to breaking.

2. Surviving, Not Thriving:

- Life can often feel like surviving rather than thriving. We rush from one task to another, constantly stressed and feeling like there's never enough time or energy to do it all.

3. Jesus' Invitation to Rest:

- Jesus invites everyone who is weary to come to Him for rest. His offer isn't about escaping life's challenges, but about sharing the burden. He promises that His yoke is easy and His burden is light.
- This invitation is for anyone feeling weighed down—whether by personal struggles, work stress, or family issues. Jesus doesn't require us to have it all together before coming to Him.

4. Yoked with Jesus:

- The image of a yoke is significant. Farmers use a yoke to link two animals together, so they share the load. Jesus invites us to be yoked with Him, meaning He carries the heavier part of life's burdens. Walking with Him allows us to learn His way of handling the pressures of life.



5. Surrender for True Rest:

- The key to rest is surrender. By surrendering our cultural ideas of success, overcommitment, and the pressure to always perform, we find the rest Jesus offers. Resting in His grace means realizing we have nothing to prove.

Takeaway: Jesus offers rest for our souls. Instead of striving and bending under life's weight, He invites us to walk with Him, learn from Him, and experience a lighter load through His presence and grace.