

“WORD OF LIFE”

February 22, 2026

53. CHRIST – HIS PERSON (33)

T. TO THE BELIEVERS

28. Rest

Suggested Hymns: # 208 / Suffering from Gethsemane to Calvary / # 55

✚ “... the words which I have spoken to you are spirit and are life.,” (John 6:63)

Matt. 11:28 - Come to Me all who toil and are burdened, and I will give you rest.

Matt. 11:29 - Take My yoke upon you and learn from Me,
for I am meek and lowly in heart, and you will find rest for your souls.

Matt. 11:30 - For My yoke is easy and My burden is light.

✚ “... it pleased God, who ... called me through His grace, To reveal His Son in me ...,” (Gal 1:15-16)

❖ Christ is our rest (Matthew 11:28)

- He is rest to all who labor and are burdened
 - He called us, the laboring ones to come to Him for rest.
 - He sets us free from labor and burden under any work and responsibility
 - He gives us perfect peace and full satisfaction.
- He is One who is meek and lowly in heart.
 - As meek, He did not resist opposition
 - As lowly, He did not esteem Himself.
- The Lord Jesus lived a life, always had rest in His heart
 - He cared for nothing but the will of His Father (John 4:34; 5:30; 6:38).
 - He submitted Himself fully to the Father’s will (Matt. 26:39-42).
 - not wanting to do anything for Himself
 - nor expecting to gain something for Himself.
 - He was fully satisfied with His Father’s will.

✚ “... ‘I believed, therefore I spoke,’ we also believe, therefore we also speak,” (Psa. 116:10; 2Co 4:13)

✚ Christ gives us the way to rest, that is, to take His yoke and learn from Him. The Lord’s yoke is to take the will of the Father. It is not to be regulated or controlled by any obligations of the law, nor to be enslaved by any work, but to be constrained by the will of the Father.

✚ If we submit to the will of the Father, we shall have rest in our souls. Christ always submitted to the Father’s will, taking God’s will as His portion and not resisting anything. As a result, He was always at rest. We need to learn of Him and also take this view. If we do, we shall have rest in our souls, a rest that is actually the indwelling Christ Himself.

*{Reference: The Conclusion of the New Testament Ch. 51 letter T-28}
[Preparing this “word of life” (SUPPLYING THE WORD IN MEETINGS OF MUTUALITY) was motivated by:
The Elder’s Training Book 8, Ch. 4, and The Administration of the Church and the Ministry of the Word, Ch. 11]}*

Hymn 208
Praise the Lord—
Satisfaction with Him

1 O **Jesus, Jesus**, dearest **Lord!**
 Forgive me if I say,
 For very love, Thy **sacred name**
 A thousand times a day.

Chorus:

O **Jesus, Lord**, with me **abide**;
 I **rest** in Thee, whate'er betide;
 Thy **gracious smile** is my reward;
 I **love**, I love Thee, **Lord!** *[Num. 6:25]*

2 I **love** Thee so I know not how
 My transports to control;
 Thy **love** is like a burning fire
 Within my very soul. *[SoS 8:6-7]*

3 For Thou to me art **all in all**;
 My honor and my **wealth**;
 My heart's desire, my body's **strength**,
 My soul's eternal **health**. *[3John 2]*

4 Burn, burn, O **love**, within my **heart**,
 Burn fiercely night and day, *[Psa. 119:119]*
 Till all the **cross** of earthly loves
 Is burned, and burned away. *[Mal. 3:3]*

5 O **light** in darkness, **joy** in grief,
 O heaven's life on earth;
Jesus, my **love**, my **treasure**, who
 Can tell what Thou art worth? *[2 Cor. 4:7]*

6 What limit is there to this **love**?
 Thy flight, where wilt Thou stay?
 On, on! our **Lord** is **sweeter** far
 Today than yesterday. *[Psa. 119:103]*

Prov. 3:5-6 –

Trust in Jehovah with all your heart,
 And do **not rely** on your own
 understanding; In all your **ways**
acknowledge Him, And He will make
 your **paths** straight.

Prov. 16:3 –

Commit your **works** to Jehovah,
 And your purposes will be established.

Psa. 16:11 –

You will make known to me the **path of**
life; In Your presence is **fullness of joy**...

Psa. 37:5 –

Commit your **way** to Jehovah,
 And **trust** in Him; and He will act.

[Hymn 87 – maintaining the spirit]

Suffering from Gethsemane to Calvary
Praise the Lord—
Remembrance of Him

1 **Lord**, You **suffered** and were ravaged
 By the cruelty of men.
 From **Gethsemane** to **Calvary**,
 Men oppressed and judged You then;
 Our **transgressions** *[Matt. 26:36-44]*
 caused You wounding,
 Pain and **suffering** all consuming,
 'Til a breach in Your communing
 Caused You **grief** unknown from birth.
 From the **garden** to **Golgotha**,
 All You passed through *[John 19:17-18]*
 proved Your **worth**.

2 You had one friend who **betrayed** You,
 With a kiss, to hate-filled men, *[John 26:47-49]*
 And another who **denied** You *[Matt. 26:69-75]*
 Out of fear towards all of them.
 When they took You as their prisoner,
 Questioned You, their anger bitter,
 And then **mocked** You, *[Matt. 27:33-44]*
 thought a **sinner**,
 You **did not Yourself defend**. *[Isa. 53:7]*
 You were **mute** and **long-enduring**
 With a view to reach Your end.

5 At the noon hour, *[Mark 15:33-34]*
 when **God judged** You,
 Laid on You the whole of **sin**,
God's dear presence fled, **departed**,
 From Your **fellowship** within. *[Matt. 27:46]*
 This was much **worse**
 than the violence;
 This **forsaking**—dreaded silence,
 All the scorn of men's derision
 Paling in comparison
 To the scope of **God's** own **judgement**
Poured upon His only **Son**. *[Rom. 8:32]*

8 **Lord**, I **praise** You and I **thank** You
 That You **bled** and **died** for me,
 As I ponder how You **loved** me
 And **You gave Yourself for me**. *[Gal. 2:20]*
 I am filled with **love** and **reverence**, *[Eph. 5:2]*
 Gratitude and deep assurance
 You **forgive** me in Your **mercy**,
 By Your **blood**, for all my **sin!** *[Matt. 26:28]*
 And You **joined** me to the **Father!**
Hallelujah, Lord! Amen!

Mark 14:36 –

And He said, **Abba Father**, all things are
 possible to You; remove this **cup** from Me;
 yet **not what I will**, but **what You will**.

John 6:38 –

For I have **come** down from heaven **not** to do
 My own will **but** the **will of Him** who sent
 Me.

Hymn 55
Worship of the Father—
His Praise from Many Sons

1 O **God** our **Father**,
 we would come to Thee
 In virtue of our **Savior's**
 precious **blood**;
 All distance gone, *[Eph. 2:13-18]*
 our souls by **grace** **set free**,
 We **worship** Thee,
 our **Father** and our **God**.

2 We would, O **God**,
 present before Thy face
 The **fragrant name** of Thy beloved **Son**;
 By faith we view *[2Cor. 8:7-9]*
 Him through Thy boundless **grace**,
 Which, by His **dying**, *[2Cor. 9:8]*
 He for **us** has won.

3 Thy joy in Him
 who is with Thee we **share**;
 Our hearts delight
 in Thy **delight** in Him; *[Matt. 3:17]*
 Chiefest of thousands, *[SoS 5:10]*
fairer than the fair;
 His **glory** nought can tarnish,
 nought can dim.

4 We bow in **worship** now
 before Thy **throne**,
 By **faith** the Object of Thy **love**
 would see; *[Rom. 11:29]*
 Who, in the midst,
 His **brethren's** song doth **lead**. *[Eph. 3:21]*
 To Him, our **Savior**, **shall the glory** be!

Eph. 3:14-19 –

For this cause I **bow my knees** unto the
Father,

That He would grant you, ..., to be
strengthened ... into the inner man,

That Christ may **make His home** in your
 hearts through faith,

that you, ... be full of strength to **apprehend**
 ... to know the knowledge-surpassing love of
 Christ,

that you may be **filled** unto all the **fullness of**
God.

Eph. 3:20 –

But to Him who is **able to do** superabundantly
 above all that we **ask** or **think**, according to
 the power which operates in us,

Eph. 3:21 –

To Him be the **glory** in the church and in
Christ Jesus unto all the generations forever
 and ever. **Amen**.