



NEW ENON BAPTIST CHURCH

I CAME TO JESUS JUST AS I WAS

Matthew 11:28-30 (KJV)

Pastor Bernard Hamp | July 19, 2026

SERMON STUDY GUIDE

Sermon Summary

Pastor Bernard Hamp preaches from Matthew 11:28-30 that Jesus offers a personal invitation to everyone who is exhausted, burdened, and trying to carry more than God assigned. After reviewing how Matthew 11 reveals Jesus as the promised One, the sermon focuses on Christ's words, 'Come unto me.' Coming to Jesus requires motion, but it also requires release: unhooking, unlatching, and letting go of the burdens, expectations, relationships, and efforts that keep the soul weighed down.

The message explains that believers often labor to please people, solve everything themselves, or remain connected to situations that produce no spiritual return. Jesus does not merely tell us to work harder; He invites us to exchange our load for His yoke. His yoke balances the burden, His wisdom filters what belongs in our lives, and His presence gives more than temporary relief - He gives rest for the soul.

Pastor Hamp also emphasizes that we cannot ask Jesus to carry the load while refusing to learn from Him. Spiritual rest grows as we study Scripture, participate in Sunday School and Bible study, pray before decisions, and allow Christ to lead. The sermon closes with a testimony of transformation: God can change anyone, but change is a process. The invitation is to come home, place our hands in Christ's hand, keep God first, and live with love, respect, and help for one another.

Key Sermon Notes

1. Jesus is the One who invites us.

Matthew 11 first shows the works and authority of Jesus. After revealing who He is, Jesus gives the invitation to come directly to Him.

2. Come to Jesus just as you are.

We do not have to become what people expect before approaching Christ. We come before titles, status, possessions, and the labels the world places on us.

3. Let go of burdens God never assigned.

Some exhaustion comes from trying to please people, forcing unfruitful relationships, and carrying responsibilities Jesus never told us to carry. Coming to Christ includes releasing those loads.

4. Take Christ's yoke.

A yoke balances a heavy load. Jesus offers to carry what overwhelms us, guide our relationships, and place the right people and responsibilities in our lives.

5. Learn of Christ, not only from Christ.

It is not enough to want Jesus to carry the burden while refusing His teaching. Scripture, worship, Sunday School, Bible study, prayer, and obedience help us learn His character and ways.

6. Jesus gives rest for the soul.

Christ offers more than surface relief. He gives peace that remains in storms and strength that helps believers stand when circumstances do not make sense to the world.

7. Let Jesus lead every decision.

Education and human advice can be useful, but nobody knows us better than Jesus. Prayer and dependence on God protect us from entering situations He later has to rescue us from.

8. Transformation is a process.

God can change anyone. Growth does not happen overnight, so we should not give up on ourselves, family, or friends. Keep your hand in Christ's hand and allow Him to lead all the way.

Life Application

- Name one burden you are carrying that God may not have assigned to you.
- Before making an important decision, pause to pray and ask Jesus to lead.
- Choose one way to learn more of Christ this week through Scripture, Sunday School, Bible study, or prayer.
- Pray for someone you have been tempted to give up on, remembering that God can change anybody.
- Practice love, respect, and practical help toward someone in your church or family.

Memory Verse

"Come unto me, all ye that labour and are heavy laden, and I will give you rest." - Matthew 11:28 (KJV)

Prayer

Lord Jesus, thank You for inviting us to come just as we are. Help us release every burden You never asked us to carry. Teach us to take Your yoke, learn Your ways, and trust Your leadership. Give rest to our souls, peace in every storm, and patience as You continue changing our lives. Help us keep You first and show love, respect, and help to one another. In Jesus' name, Amen.

Study Questions

Choose the best answer for each question.

1. Who does Jesus invite to come unto Him in Matthew 11:28?

- A. Only religious leaders
- B. All who labor and are heavy laden
- C. Only people without problems
- D. Only the disciples

2. According to the sermon, what may need to happen before we move toward Jesus?

- A. We must become perfect
- B. We must impress other people
- C. We must unhook, unlatch, and let go of burdens
- D. We must solve every problem ourselves

3. What does the yoke represent in the sermon?

- A. A punishment with no purpose
- B. Christ balancing and helping carry the load
- C. A reason to avoid responsibility
- D. A title in the church

4. Why did Pastor Hamp emphasize "learn of me"?

- A. Believers should only seek temporary relief
- B. We need Christ to carry burdens but not guide us
- C. Spiritual rest grows as we learn and obey Christ
- D. Church and Scripture are unnecessary

5. What did the sermon teach about change?

- A. God changes people only if they never fail
- B. Transformation is a process, and God can change anyone
- C. People must change themselves before coming to Jesus
- D. Change always happens overnight

Personal Reflection

What burden do you need to give to Jesus, and what step will you take to learn more of Him?

Name: _____ Date: _____

Answer Key: 1-B, 2-C, 3-B, 4-C, 5-B

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