



The Scholé Way with Christopher Perrin

Lecture 12:
Contemplating Restful
Work and Learning in
Matthew 11, Isaiah 30, and
Psalm 131

Outline:

In this lesson, Dr. Christopher Perrin explores three biblical passages—Matthew 11, Isaiah 30, and Psalm 131—that illuminate the relationship between work, rest, and learning. He reflects on how Christ's invitation to take up his yoke provides a model for restful work, how quietness and trust lead to strength, and how humility before God fosters a peaceful soul.

"In repentance and rest is your salvation, in quietness and trust is your strength." (Isaiah 30:15)

Matthew 11: The Yoke of Christ and Restful Work

- Christ's invitation: "Come to me, all you who are weary and burdened, and I will give you rest."
- The paradox of taking on a yoke to find rest
- The agricultural metaphor: yoked oxen and shared labor
- Why Christ's yoke is easy and his burden is light
- The connection between this passage and learning: Christ as the perfect teacher

Isaiah 30: Strength in Quietness and Trust

- The paradox of quietness as strength
- The need for retreat and silence for renewal
- The wisdom of preparing "a zone of silence" for contemplation (connection to Lancelot Andrewes' insights)

Psalm 131: Humility, Contentment, and Stillness



- The contrast between seeking great matters and being content in childlike trust
- The image of the weaned child as a model for the soul before God
- The rhythm of seeking knowledge and resting in mystery
- Connecting this psalm to Isaiah's teaching on God's transcendent wisdom

The Role of Rest in Learning and Education

- The balance between effort and surrender in intellectual life
- Finding peace in knowing that we cannot comprehend all things
- How trust in God fosters deeper learning and contemplation