

# REST FOR THE WEARY

*"Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light."*

*Matthew 11:28-30*

Life has a way of piling on burdens until we feel like we're about to collapse under the weight. The pressure to keep everything together, to meet expectations, and to endure life's trials can leave us feeling exhausted, both physically and emotionally. Maybe you've been carrying these burdens for so long that you've forgotten what rest even feels like.

Jesus' invitation is for you: "Come to me." He sees your weariness, your striving, your endless attempts to manage it all on your own. And He's not asking you to try harder or be stronger. He's asking you to let go. To bring the heaviness to Him and exchange it for His rest.

The rest Jesus offers isn't just a temporary escape. It's a soul-deep peace that comes from walking in step with Him. His yoke is not a burden—it's a partnership. He carries the weight with you, guiding you gently and teaching you how to lean on Him.

And notice how Jesus describes Himself: gentle and lowly in heart. He doesn't shame you for your weakness or demand that you toughen up. He meets you with kindness, humility, and compassion. His way is not crushing but freeing. In Him, the cycle of striving breaks, because your worth is no longer tied to how much you can carry—it's secured in His love.

This invitation is daily. Every morning, you can choose to lay down the burdens that threaten to crush you and slip into the rest He freely offers. This kind of rest doesn't come from fixing your circumstances. It comes from surrendering to the One who holds it all. In Jesus, you'll find a rest that refreshes your spirit and reminds you that you were never meant to carry it all alone.



What burdens are you carrying that feel too heavy to bear?  
How can you respond to Jesus' invitation to rest today?  
What would it look like to trust Him with the weight you're carrying?

*Father God, I come to You, weary and heavy-laden. I'm tired of trying to carry it all on my own. Teach me how to rest in You and to trust that You're strong enough to handle what I cannot. Thank You for offering me a yoke that is easy and a burden that is light. Help me to walk in step with You, finding rest for my soul. In Your name, Amen.*