

REST ANYONE?

The word *rest* often elicits a humorous response from many educators. "Rest? What is that?" In our profession rest is a precious commodity. Sadly, exhaustion and overwork stemming from the countless demands we face have unintentionally become a badge of honor—a way of life. If we're not careful, we might extend this tendency to overwork into our spiritual lives as well, resulting in a different kind of exhaustion that can be debilitating. Let's explore what the Bible suggests about how we find true rest.

Read [Matthew 11:28-30](#).

Focus on verse 28. *How did Jesus describe those to whom He was speaking?*

Sometimes we place burdens on ourselves. Other times we are weighed down by burdens placed on us by others. *What burdens are weighing you down today?*

Jesus said He would give us rest, but what must we do first?

It all starts with the invitation, "Come to me." Soak that in for a moment. The God of the universe reaches out to each one of us and says, "Come." There are no strings attached. We don't have to earn our way; we simply have to come. Jesus' invitation is a call to salvation that He alone can answer. He knows He can meet every need, so He simply offers us Himself. Coming to Jesus means personally trusting and putting our faith in Him.

Re-read [verse 29](#).

What two actions does Jesus say we must do to find rest for our souls?

Coming to Jesus (i.e., putting our faith and trust in Him) will give us rest in our salvation, but experiencing rest in our daily lives requires more. To take the yoke of Christ is to hook ourselves to Him as a disciple. We become his students—learning, growing, and maturing spiritually. This yoke of faith and daily surrender is the only yoke in existence that gives us rest for our souls.

How does Jesus describe Himself in this verse?

As our teacher, Jesus will not oppress us. He doesn't use manipulation or coercion. He is not harsh or filled with pride. Jesus has a servant's heart. He will be gentle with us. How reassuring it is to be yoked to the One who is gentle and humble! Jesus makes a promise to us: *You will find rest for your souls*. Rest from fear, rest from guilt, rest from shame, rest from discouragement, rest from turmoil, rest from defeat...**REST**. Are you feeling weary? Come find rest in the Savior. This is a promise straight from the One who loves you most.

Dear Lord, I come to you today weary and heavy-burdened, seeking Your rest. Thank you for sending Jesus so that I can not only rest knowing I will spend eternity with you, but also rest in the daily trials of life. Today, Lord God, I lay my burdens at the feet of Jesus. Today, I choose rest. In Jesus name, Amen.