

He is to me: Rest from my heavy load

Matthew 11:28-30 NKJV Come to Me, all you 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 (AMP) Come to Me, all you who labor and are heavy-laden and overburdened, and I will cause you to rest. [I will ease and relieve and refresh your souls.] Take My yoke upon you and learn of Me, for I am gentle (meek) and humble (lowly) in heart, and you will find rest (relief and ease and refreshment and recreation and blessed quiet) for your souls. For My yoke is wholesome (useful, good—not harsh, hard, sharp, or pressing, but comfortable, gracious, and pleasant), and My burden is light and easy to be borne.

Hebrews 4:9-10 NKJV There remains therefore a rest for the people of God. For he who has entered His rest has himself also ceased from his works as God did from His.

Does anyone ever feel guilty for having a little rest?

Are you so driven that you have trouble resting?

Are the cares and burdens of life so great that you are worn out and cannot rest?

Are your problems, distresses and pains stealing your rest?

You need to know that rest is God’s idea.

God has all wisdom and His understanding is unsearchable.

He is constantly watching over the weak and those who have no ability, strength, skill, resources or authority.

God has all power and is the Creator of the ends of the earth, but He never grows weary.

God has all time, resources, strength, and authority and yet He had a day of rest.

God is invested in the events of your life.

He cares about your burdens, cares and labor.

So, God made a day for us to rest.

This rest that He gives is found in Him.

Jesus gave the specific command for us to come to Him to find rest.

Matthew 11:28 (AMP) Come to Me, all you who labor and are heavy-laden and overburdened, and I will cause you to rest. [I will ease and relieve and refresh your souls.]

Isaiah caught a prophetic vision of this rest.

Isaiah 40:28-31 AMP Have you not known? Have you not heard? The everlasting God, the Lord, the Creator of the ends of the earth, does not faint or grow weary; there is no searching of His understanding. He gives power to the faint and weary, and to him who has no might He increases strength [causing it to multiply and making it to abound]. Even youths shall faint and be weary, and [selected] young men shall feebly stumble and fall exhausted; But those who wait for the Lord [who expect, look for, and hope in Him] shall change and renew their strength and power; they shall lift their wings and mount up [close to God] as eagles [mount up to the sun]; they shall run and not be weary, they shall walk and not faint or become tired.

If we come to Jesus, what will we find?

Matthew 11:28 (AMP) Come to Me, all you who labor and are heavy-laden and overburdened, and I will cause you to rest. [I will ease and relieve and refresh your

souls.]

This is a definition of rest for us.

Jesus will ease and relieve and refresh your souls.

The possibility of this depends on God and His faithfulness.

To enter His rest, you must trust Christ enough to come to Him with all of your weariness and heavy load that has overburdened you.

It is one thing to have this weariness and heavy load.

It is another to bring your burdens to the Lord and leave them there.

This kind of rest comes from full faith and trust that Jesus will help you.

No one else can help you with these things.

No one but Jesus can take and bear away your sins and give you His righteousness.

No one but Jesus can bring true relief from the oppressive and destructive attacks you face.

No one but Jesus is a rock and fortress that covers and hides us from the activity of the wicked one.

Only Jesus can relieve the burden and heaviness of your sins.

Psalm 91:14 AMP Because he has set his love upon Me, therefore will I deliver him; I will set him on high, because he knows and understands My name [has a personal knowledge of My mercy, love, and kindness—trusts and relies on Me, knowing I will never forsake him, no, never].

Think about that.

Do you know and understand the Lord's name?

What does the name of Jesus mean to you?

He is Savior, Deliverer, Healer, and King.

He is Redeemer, Keeper, Shield, and Lord.

He is Waymaker, Provider, Mighty God, and Intercessor.

Do you know and understand the name of the Lord?

Do you know His mercy, love and kindness?

Do you trust and rely on Him?

Do you know that He will never forsake you?

When you really know and understand His name, you are brought into action.

Psalm 91:15-16 AMP He shall call upon Me, and I will answer him; I will be with him in trouble, I will deliver him and honor him. With long life will I satisfy him and show him My salvation.

I cannot go through my weariness and heavy burdens without coming to the Lord to find rest, ease, relief and refreshing.

I have found that Jesus is the source of my strength.

He is the One who renews me.

He keeps me from giving up.

He keeps me when I cannot carry it any more.

He gives me rest.

What are you going through that has made you weary and burdened?

Have your sins weighed you down?

Are you facing oppression from others?

Is the wicked one coming against you and buffeting your life?

Have you reached that place where you feel like you cannot stand?

There is a place of rest for you.

Listen to these words from your loving Lord.

Matthew 11:28 NKJV Come to Me, all you who labor and are heavy laden, and I will give you rest.

Stand confident in what He has said.

Accept His word above everything else that is seen or known.

You can trust the Lord.

He will give you rest in the storm.

He will shield you and give sweet relief in the fire and flood.

His rest is for you in sickness and health.

He will forgive your sin and cleanse your soul.

He will give you new joy and gladness.

He will give you rest.