

From Jesus, Receive Rest

*“Come to me, all you who are weary and burdened, and I will give you rest.”
(Matthew 11:28)*

What made a man weary and burdened? What made a man heavily loaded?

1) **The mind:** Every man bears in his mind a lot of schedules, appointments and different plans for himself in order to be on time and not to be left behind. He is pressurized with the available resources and the on going demands, as well as he is hassled with the new events that may rise on the surface of things at any moment. Within the 24 hours of the day, man’s mind is squeezed with many data –sitting with his computer, a calculator in his hand, scheduling on his notepad – having all the things that could aid him to keep going without delay or missing something.

What about the events that are happening around the clock all over the world? The international news about war, economic and political updates? What about the events in the country, the natural events and disasters, and the news you will find your mind filled with large size of data that need to be dealt with; such big news that gives you worries and anxieties.

Have you seen a man carrying heavy loads on his back? Or a man who is struggling to pull a cart filled with heavy loads? This is like the mind of a man loaded with heavy problems, tasks, projects, worries, queries, doubts, and fears.

2) **The heart:** It is the center of man’s emotions and feelings. It is the main part of the body that bears heavy loads of insults, injustices, and ill-treatment. Every person is composed of certain character and formed with different attitudes. He reacts to the events around him in various ways and different degrees. Bad news may cause him grief and sadness. Interaction with the people around him may lead to competition and jealousy. Broken love – relationship or a loss of a dearly person may give bereavement or depression. Those who ill-treat him or do bad things may cause him to carry in his heart bitterness, hatred, un-forgiveness, and revenge. All the above feelings of man’s heart is like a bare- wound – painful that makes him feel sick and gives misery to his life.

This is the figure of a man in the modern life: His mind and his heart are loaded with many burdens, concerns, and despairs. He is the man carrying a heavy weight on his back that bowed him down and kept him wounded. He needs rest; he needs someone to help him carry the loads!

And here we found Jesus saying: *“Come to me, all you who are weary and burdened, and I will give you rest.”* Yes, man needs rest from all the burdens and worries of this life; man needs to be relieved from all the pain of his wounds. And it is only Jesus who can give the genuine help. He is the real One who can give man a real rest.

- a) **The Lord Jesus is the Creator:** *“The earth is the Lord’s, and everything in it, the world, and all who live in it; for He founded it upon the seas and established it upon the waters.” (Psalm 24:1-2)* You can go to Jesus in prayer and ask Him: *“Lord, you created heaven and earth and everything in it, help me, Lord, I am tired carrying my burden.”*
- b) **The Lord Jesus is the Saviour:** Jesus Christ came down from heaven especially for you. He took your sins and paid the price to redeem you. He died on the cross for you and He rose from the dead on the third day to give you eternal life. He loves you so much. Speak to Him in your prayer: *“Lord, you love me and you died to give me eternal life. Give solution to my problems, heal my wounds, soothe my mind, and give me rest. Please fill me with your everlasting peace.”*
- c) **The Lord Jesus is the Forgiver of sins:** *“If we confess our sins, He is faithful and just and will forgive us our sins and purify us from all unrighteousness.” (1 John 1:9)* We don’t only carry the anxieties and the worries of this life, but the consequences and the outcome of all the sins that we have done against God and against His people. These sins are not only causing us trouble and burdens but also they are deep wounds in our heart and soul that cause us pain and sorrows. The wounds shall be healed if we confess to God all our sins and repent from all our wicked ways and acts, and we turn back to Him who loves us so much that He gave His one and only Son to die for us. Go to God and tell Him a prayer: *“Father God, forgive me my sins; I repent from all evil acts I did. Cleanse me, Lord, and give me rest. I want to live a life pleasant to You.”*
- d) **The Lord Jesus satisfies needs:** *“And my God will meet all your needs according to His glorious riches in Christ Jesus.” (Philippians 4:19)* You need not to worry about your daily necessities; food, drinks, clothes and shelter because the Lord is your great Provider. Don’t worry about anything for God can take care of all your needs whether big or small. Just what you need to do is to do your part and to forward to Him your request in a prayer: *“Father God, You know my need right now. Please provide me according to your glorious riches in Christ Jesus.”*
- e) **The Lord Jesus has the best plans:** *“For I know the plans I have for you, declares the Lord, plans to prosper you and not to harm you, plans to give you hope and a future.” (Jeremiah 29:11)* The Lord has the best plan for you. He knows what is in store for you tomorrow and for the day after, not only that; He already has the plan for you for the next day, for the next months, for the next year, and till the end of your life on earth when He will take you with Him to live an eternal life. You will feel at rest if you fully trust Him. He will give you peace as you pray.

My prayer: *“Heavenly Father, I come before You in the name of Jesus. I thank You, Lord for the eternal life that You gave me as You died for me on the cross. Lord Jesus, forgive me all my sins; I am tired, weary, and burdened. Give me rest, I pray. Reveal to me your good plans for my life. Provide me my daily needs. Take my hand and lead me in the safe way where I can find rest with You. Thank you, Lord. This is my prayer in Jesus’ name, Amen.”*