

“Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.”

Matthew 11:28-30

...And I Will Give You Rest

By Mary Jensen

The words spoken here by Jesus are of a much greater promise than merely rest from daily tasks. He is addressing something even bigger than financial problems or physical ailments. Jesus is inviting us to the hope of eternal assurance of His work on the cross. His death opened the door for us to enter the heavenly rest in which his Father dwells; an eternal Sabbath-rest for the people of God. “...for anyone who enters God’s rest also rests from their works.” (Hebrews 4:8)

At times we forget we aren’t in charge of our own destiny. We work hard at trying to create our ideal heaven on earth. How many things do we own in the name of comfort? How many years will it take us to pay them off? At other times we think our salvation hinges on our good deeds and actions. We ask “Have I done enough?” or “Am I good enough?” The good news is the Bible tells us that the work of being made righteous before God has already been completed through Christ’s death on the cross. We don’t need to labor at building our own steps towards heaven’s gates and we do not need to create our own destiny on earth to feel complete. Through Christ we can learn to let go of the anxiety of “getting it right” and the pressure of “getting it done.” All we have to do is follow Jesus’ words, “Come to me... and I will give you rest.”

When we understand the true meaning of Jesus’ invitation, no trial on this earth will compare to the peace we receive in the midst of troubles. It is a peace which transcends all logic and understanding. It is the peace of divine rest. This doesn’t mean that all the troubles in our lives will suddenly vanish, but the burden of the here and now will fall on Jesus’ shoulders and we can move forward with renewed souls.

God has always had our best interests in mind. If we place our hope in God’s eternal plan, we can surpass any earthly obstacle. Is it time for you to let go of the lie of inadequacy and take ahold of Jesus’ mercy? Are you ready to hand over the reins to the One who knows where you are headed? Are you in need of rest for your soul? Then come to the One who is gentle and humble in heart. Your Sabbath awaits you!