

Matt. 11:28-30

## THERE IS A PLACE OF REST

### The Message (MSG)

28-30 “Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you’ll recover your life. I’ll show you how to take a real rest. Walk with me and work with me— watch how I do it. Learn the unforced rhythms of grace. I won’t lay anything heavy or ill-fitting on you. Keep company with me and you’ll learn to live freely and lightly.”

During the upcoming Thanksgiving/Christmas season, we get weary. During this pandemic, our normal pace has been stopped dead in its track. I am now suffering from the weariness of waiting. It’s a different kind of tired.

Ever get tired? Ever feel a need for rest? It’s like going on a vacation. My vacation leaves me more tired than before! Now, I long for a vacation. I know the experiences of this holiday seasons will be different. It leaves me weary just thinking about what I will not be able to do. We are weary people because we rush from one activity to the other. In the past, we work long hours, filled our calendars with too many obligations. Now, we are in a moment, we have no control over. Lack of control has made me weary-worn out, burned out. Listening, hearing this invitation from Jesus so very appealing.

The Message’s interpretation- its interruption forces me to pause “recover your life.” Initially, Jesus is not talking about physical rest. He is talking about spiritual rest. Most people are weary in their spirits today. Henry David Thoreau said in his book “Walden”, “Most men lead lives of quiet desperation. Rather than living in the simplicity of nature’s surrounding such as Walden pond, many are troubled and agitated in their souls, forced to find rest in all the wrong places. Some look to a mate/ a bottle or a pill/ friends/ pleasure/ entertainment/ a job/ money. People look everywhere and try everything to find rest for their souls. Nothing and no one in this world can give you the peace and rest you seek.

While people run here and there trying to find peace, Jesus says, so simply and so calmly, “Come unto Me, and I will give you rest.” There is a place of rest; a place of quietness; a place of peace and His name is Jesus. He invites you to come to Him to find the rest your soul seeks. People are looking, running, seeking, struggling, striving, fighting, loving, rushing, searching all to find what only Jesus Christ can give. That challenge is even harder this year during this pandemic. This holiday season where weariness of the unexpected leads us to a path- a desperate need of rest where we are forced to fall into the unknown.

There is a place of rest for the weary soul and that place of rest is Jesus Christ. What better time to remind ourselves that Jesus invites you and me to enter that place of spiritual rest so He can give us that physical and mental rest that we so desperately seek that heals our inner souls. Learn the unforced rhythms of grace. It is there you will find a place of rest.