

INSPIRED 2GO

DAILY DEVOTIONAL

BY PASTOR WALE AFELUMO

FIND REST IN JESUS

SCRIPTURAL REFERENCE
Matthew 11:28

ADDITIONAL STUDY
Psalm 127:1-2, 147:3
Isaiah 26:3

PRAYER

Lord I thank You for the promise of rest from heavy laden when I come to You.

Today, I come to You and surrender the cares of my heart at Your feet. I leave them there permanently, never to fret about them again or try to overcome them by my own strength. I refuse to eat the bread of sorrow; but chose to rest in You who is touched by everything that touches me. Thank You because You will mend all my brokenness for Your name sake, amen!

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

To everyone who labors and is heavy laden, Jesus gives such a person an invitation to come to Him, because in Him, you can find rest for your spirit, soul and body. Being heavy laden is synonymous with carrying a burden, a care, it means you are troubled or facing a difficult situation that is weighing you down (emotionally, spiritually, financially, physically, maritally or otherwise).

You don't need to look too far in the world we live in today to see things that cause stress in people's lives and place a heavy burden on them. From joblessness to insecurity, people dealing with trials that have lasted for long periods of time. The pressure to measure up to your contemporaries, unmet expectations, lack, sickness, anxiety about the future, the hopelessness that comes as a result of doing all you know to do but not getting satisfactory results to show for your efforts; and mostly the cares of daily living on planet Earth.

However, just as real as your care, whatever it may be is, that is how real your help in Jesus is. Today's passage is a familiar passage of scripture, you may have heard it over and over again, but have you really casted your cares and heavy laden on Jesus? Perhaps, the fact that you are still weary and heavy laden from the cares of life, is an indication that you are trying to be your own superhero.

You have to understand that everything that touches you as a believer, touches Jesus too, that is why Hebrews 4:15 describes Him as our High Priest who is touched by the feelings of our infirmities. Besides, He is the Potter who is the mender of broken hearts, of broken lives and of broken dreams...therefore, since He has promised you rest for your heaviness when you come to Him, you have to believe that He is capable and willing to do just that.

Philippians 4:6-8 says, "Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus." So, quit worrying about cares; surrender them to Jesus, and let Him give you rest (respite, ease, a breather) in troubled times.

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