



Find Rest for Your Soul

Matthew 11:16–19, 25–30

*“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.”

July 9, 2017

Thought for the Week

Scripture: Colossians 3:17, 23, Matthew 11:28-30, Psalms 46:10,
Psalms 27:14; 37:9, 34

[We Live in a Frenzied Culture](#)

One of the annoyances of Christian existence in American culture—we are too busy, too connected, and too afraid of silence. I will even go as far to say that I believe our jobs may very well be our “new” religion.

And with this economy, I think we are lulled into a sense that we must serve our employer with every waking moment of our increasingly diminishing existence. With smart phones and wireless laptops, we are virtually able to be “on the job” 24/7.

[But is this healthy?](#)

Even now, on a Friday two days before our worship service, I can still remember the many times when I was drawn into the lure of checking my work load, some of which I brought home with me. But I knew if I did, I would let loose an avalanche of work thoughts demanding my immediate attention. I...tried my best to...refrain!

While I understand we are to “work heartily as to the Lord” (Colossians 3:17, 23), I believe this is in regard to whatever we are doing—working for an employer, praying over a child, or serving in our ministry—we are to do it with a heart of directly serving the Lord Jesus Himself.

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But what I’m really drawn to in this frenzy of life is Matthew 11:28-30 where Jesus says to the burdened masses:

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.

Some commentaries state this passage is only meant for those who feel burdened down by religion. While I don’t dispute this, I also think that Jesus had a much broader scope in mind; I think He was referring to cultural burdens.

When Jesus walked the earth, the culture was heavily influenced by religion. That doesn’t hold as true in today’s America, but now culture is itself a religion. We are compelled to mercilessly serve employers or risk losing our jobs. We are compelled to serve the currents of trends or risk being left behind. We are compelled to fit in by being quiet about our faith or risk being ostracized and isolated.

Jesus is saying, *“Lay all this aside for a moment and just be with me. There, you will find rest.”*

The word ‘rest’ means intermission, or cessation from any motion. It is being still before the Lord (Psalms 46:10); it is waiting on the Lord (Psalms 27:14; 37:9, 34). We do this by simply finding a quiet place to seek God in prayer; quieting our inner voice and just listening to the interior working of the Lord via the indwelling Holy Spirit.

[Finding Balance Between Work and Life](#)

As we find a quiet place and time with God, the Lord will begin showing us how to achieve a proper work life/non-work life balance. He will show us how to see through the schemes of the enemy enticing us to keep up with everything new on the market. He will show us how to express our faith and live it out in a way that expresses love toward Him and humanity. Or, He may just bathe our soul in a lotion of encouragement and healing, restoring the presence of His life-giving Spirit.

[Such a rest is a loving balm for our frayed nerves and frantic lives.](#)

But seeking such rest requires intentionally laying aside our laptops, turning off our smart phones, and seeking solitude with the Father via prayer and Scripture.

Maybe such solitude is found atop a sandy dune or near a mountain stream, but it may also be found in your den or living room (provided the TV is turned off). The key is you make the move toward God, because God has already made the move toward you in Christ.

Make the move, for your rest awaits.

Happy Birthday – James (7/11)

Jesus Christ Offers You Soul-Rest

Jesus' offer is, *"Come to Me, all who are weary and burdened, and I will give you rest you will find rest for your souls."*

Soul-rest can never be found in anything *"under the sun."* It can be found only by coming to a person, a person who came to us from Heaven—the man Christ Jesus. We must come to Him first, not to baptism, the Lord's Supper, or the church, for they cannot give us rest. Have you found rest for your soul in this Man, this Man who is God? As the British Baptist preacher of last century, C.H. Spurgeon put it, "The soul is insatiable till it finds the Savior." He invites "all who are weary and burdened" in soul to come, regardless of age, morality, education, social background, church experience, etc. But you must come for yourself. No parent, friend, or pastor can come for you. And you must forsake all other ways of finding soul-rest. Your soul cannot find rest by running between two masters.

How do you come to Him for this soul-rest? You come to Him in your soul. Through prayer you approach Him and open your "weary and burdened" soul to Him. Then He enters. And there is rest, rest for your soul.

When Christ gives you soul-rest, there is rest for your conscience because He removes its sin-caused guilt. His soul-rest also includes rest for your mind because He reveals Himself as the truth of God. He ministers rest for your heart since it no longer has to frantically search for a haven of rest. There is rest in Him for your fears since your soul is in His loving, omnipotent hands for all eternity. Christ also provides rest for your sense of purpose now that you have Him to worship, love, and serve.