

“Come to me all of you who are weary and burdened, and I will give you rest” Matthew chapter 11 verse 28

We spend much of our lives striving hard to satisfy our inner needs, things such as love, acceptance, forgiveness, peace, fulfilment. We try to find these things in such things as work, wealth, relationships, culture and religion. We can pursue the things our souls yearn for to the point of exhaustion, burdening ourselves with many responsibilities and anxieties in the process. Our lives can become weary and heavy laden.

In contrast, Jesus offers us lives in which we can rest from the relentless pursuit of what we can never fully capture in this world. He promises us the peace which we all long for.

He also tells us what we need to do in order to enjoy this rest and peace. We need to go to him and take up his yoke. These are the words of a Jewish rabbi calling people to be his disciples. Normally this call might itself be burdensome. One who became the disciple of a rabbi had already spent hours studying and memorising the scriptures, and the call to follow was a call to more work. The disciple of a rabbi was top of his class, and was expected to excel.

But Jesus isn't calling scholars and academics to a life of laborious study and discipline. He calls as one who is “lowly and humble in heart”, who tells us “My yoke is easy and my burden is light.” He is calling us to a life of relationship with God, who is able to fully satisfy all our needs, in every area of our lives, when we submit to his governance, care and guidance over us.

So much of our lives are spent striving to achieve, when our real need is to discover the truth of who Jesus is, and who we are in the light of that.

Prayer

Father, all my efforts to fulfil the needs of my heart have only been partially successful at best. I know that I am always tempted to look in the wrong places. Thank you for this call to rest and peace. Please reveal to my heart just what it means to take your yoke upon you and learn from you. In Jesus' name, amen.

All these devotionals can be found on our website inghamitechurch.org on the 'Resources' page. Click on the link to go there.