

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

I went away by myself for a personal retreat this past week, and one thing I realized was how weary I have been. It seems that sometimes we can go from one activity to the next and we just keep going without realizing how tired we're becoming. When we take time apart, as I did, we can finally hear our body and soul telling us how much they need rest. Jesus invites us to rest at times like that; let's come to him this week and receive his gift of rest for our souls.

Monday: Do you tend to view with spending time with God as a duty or a privilege? Meditate on Jesus' words in this passage and ponder what they say about time with him.

Tuesday: Jesus invites us into his presence. We don't need to make an appointment or make ourselves worthy- he invites each of us now. Spend some time with him today and thank him for welcoming you.

Wednesday: We don't have to come to Jesus all upbeat and happy. He invites us to bring our burdens to him and to come when with our weakness or weariness. Bring your troubles to Jesus, and rest.

Thursday: Jesus tells us to take his yoke upon us, to walk in step with him, and that we'll find his yoke easy and light. Walk in step with him and talk with him throughout the day today.

Friday: Jesus is gentle and humble. Stop to meditate on what this means for us, when he is also Lord of all. He is all-powerful, and yet also gentle and humble with us, wishing to give us rest, rather than to push us to try harder.

Saturday: It is only in Jesus that we can find true rest for our souls. Come to him, learn from him, and receive the peaceful rest he gives.