

Wednesday 8th July 2020

Matthew 11:28-30

Jesus says; “Come to me, all you who labour and are burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am meek and humble of heart; and you will find rest for your selves. For my yoke is easy, and my burden light.”

When we endure troubles, hard times, illness, and limitations that come into our lives at different times, it is sometimes not easy for us to understand why God, the God who made us, and have heard many times, that He cares and loves us.

Through the Gospel verses, we hear an invitation from Jesus, He is calling us to Him. Calling us not to just leave our problems, our sicknesses but actually encouraging us to carry them 'to take upon His yoke and to learn from him.' But if we look closely, Jesus is actually teaching us means or ways to carry our load. We need to go to Jesus to be able to carry the load.

By going to Jesus, we can receive rest, comfort, healing, and peace. For Jesus is gentle and humble of heart. We need to entrust all our human conditions, our problems, weaknesses and illnesses to Jesus.

A reflective prayer.

Lord, sometimes I feel as if I'm on a fast train. Life rushes by and I don't have time to pause. Lord, I want to take time to see the view that your wisdom, through Jesus, gives me; to come to you in prayer, expecting far more than I could ever believe possible. Bless me with your presence, Lord. Amen.

Prayer from www.rootsontheweb.com