

Rest for Your Soul

Are You Tired? Over loaded? Need rest?
Are you making bad choices and decisions?
Worried about future?
You are not alone.

Mark 6:31 And he said unto them, Come ye yourselves apart into a desert place, and rest a while: for there were many coming and going, and they had no leisure so much as to eat.

32 And they departed into a desert place by ship privately.

Jesus was talking to disciples who were under life's pressure and stress
They were busy and active. They had worry, fear, and concerns of the future
Their emotions, minds, and brains (souls) were weary and tired.

The twelve returned after being sent out to minister which was a great, hard work
John the Baptist was beheaded and his followers came to tell Jesus and his disciples.
They were loaded with disappointment and fear.

God knows: our form, mind, soul, and body
our need for peace and quiet or rest

Jesus told them to take a rest, a holiday.

In any work, we need rest for our bodies and souls.

In our Christian good works, works with proper motivation and attitude of the heart,
true rest is also needed.

If we work in our own strength, ability, or resource, we fail to reach full success and
gains are offset by losses.

Jesus recognized his disciples were beginning to serve in themselves rather than how
He served in communion with the Spirit sent by the Father.

Matthew 11:28-30 KJV

28 Come unto me, all ye that labour and are heavy laden, and I will give you rest.

29 Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and

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ye shall find rest unto your souls.

30 For my yoke is easy, and my burden is light.

Come unto me

Our action is an invitation by Jesus

all ye that labor and are heavy laden

all the overloaded, stressed, working people

and I will give you rest

Rest is given without any further effort on our part

Take my yoke upon you

Jesus' yoke is waiting for us, it is custom tailored, a just right fit

and learn of me;

He is the teacher and an example of God to us and for us

for I am meek and lowly in heart:

Jesus' heart is gentle and humble. He yields to our choice, not forcing us to choose Him.

and ye shall find rest for your souls.

Our soul (mind, will and emotions) needs rest. Often we look to recreation, entertainment, diversion, and indulgence before finding the true rest in Jesus.

For my yoke is easy

A yoke joins together those with a common belief or task. Christ's yoke for us is not bondage but unconditional love and grace. It is a custom tailored yoke for each of us.

We come under the yoke with Jesus in fellowship and walking in step with Jesus. With Jesus the good works are easy, not effortless, but profitable, effective, and wholesome (good for all parts of our being). Easy is as feathers are to a bird or fins to a fish.

and My burden is light

The burden is our activities as directed by the Holy Spirit. The work is light when yoked with Jesus totally. We see the miraculous results while bearing a light burden. If our burden is not light and right, we are out of the yoke with Jesus or pulling in a different direction or speed.

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Jesus' invitations:

Come unto Me
Rest given
Learn of Me
Take my yoke

Believers' conditions:

labored and hard
burdened and overloaded
soul-weary
independent

Jesus' characteristics:

mEEK (gentle)
lowly (humble)
light (comfortable)
easy (freely)
confident

Believers receive:

rest (in soul and body)
Jesus' yoke (custom tailored)
success (progress)
freedom (from criticism and doubt)
dependent and interdependent

Before you can get rest from the activities of this life, you need to be at rest about your future.

We are eternal beings, we will exist forever.

Your choice in this life determines your eternal destination.

Life or death. Heaven or Hell.

By the grace of God, Jesus has done all the work to make us perfect before God and inherit heaven.

Your easy portion is to accept His offer of salvation

“You are saved by grace through faith and that not of yourselves ... it is a gift of God”
Ephesians 2:8.

Salvation brings you into the family of God

Being in Christ you can also get rest in your every day activities.

He knows that we are heavy loaded and need rest.

“casting all your care upon Him because He cares for you” 1 Peter 5:7

Jesus carries all our cares on Him and He gives you rest for your souls.

By accepting Jesus as our savior, you get true rest

You are at peace with God and yourselves

You can have confidence that God has accepted Jesus' payment for your rest

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Your future can be secure in His promise

The yoke that Jesus wore is the yoke of grace and fellowship with God.

The lesson that Jesus taught is humble love.

The rest that Jesus gives and must be received is complete and eternal.