

Jesus' Invitation

Submitted by Minister Stephanie Courts

Matthew 11:28-30 (NIV)

²⁸ “Come to me, all you who are weary and burdened, and I will give you rest. ²⁹ 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. ³⁰ For my yoke is easy and my burden is light.”

Prior to the pandemic, we were excited to receive invitations to various events, whether it be a birthday party, a wedding or Superbowl parties. Even when we accepted the invitation to walk down the aisle to receive Christ, there was a sense of excitement in our spirit. We just wanted to be in the number!

As I interact with people and watch the news and as I reflect over my life, many persons are experiencing depression, frustration, loss of a loved one, financial challenges, being weighed down by the violence plaguing our communities, social and economic injustices, unemployment or even caring for family members. The list could be endless. When we accept Jesus' invitation, you can have that excitement again. The Message Bible puts it like this, “Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly.”

Jesus gives us practical steps to take when we are feeling overwhelmed. And He takes it a step further with assurances. He makes it very clear to us in this passage of scripture. He clearly recognizes that our soul needs rest. You don't have to be alone in whatever you may be going through.

As I was reflecting on this scripture, I heard a line in a worship song that resonated with me and it was very simple but so poignant for this moment. The line simply said, “I'm seen, I'm known, I'm loved by my Father so I'll rest right here with You.” Repeat that line to yourself when you feel like you are overwhelmed or lost. “I'm seen, I'm known, I'm loved by my Father so I'll rest right here with You.” He is waiting for you.

You may be going through a season of grief, isolation, financial struggles, depression, fear, doubt, or even the frustrations of when we will come out of this pandemic. Whatever you may be going through, know that Jesus wants us to rest in Him! He is inviting us to seek comfort in Him. Let's take Him up on His offer. Knowing that He will recover our lives and be amazed as He restores us!

