

Are You Tired Out?

Scripture Reading — Matthew 11:25-30

“Come to me, all you who are weary and burdened, and I will give you rest.”
—Matthew 11:28 —

Whew! What a week it has been! Exams at school, big changes at work, scrambling to pay the bills—it’s no wonder people say “TGIF!”—“Thank &lsquoGoodness! It’s Friday!”

Jesus had been busy teaching, healing people, answering questions, and mentoring his followers. Yet in spite of all his efforts, challenges remained. There was not enough help to get the work done (see Matthew 9:37). Even John the Baptist began to have doubts about him (see Matthew 11:3), and in those places where Jesus had done most of his miracles, people refused to repent of their sins (Matthew 11:20).

It has been said, “It’s not what life throws at you; it’s how you deal with it that makes all the difference.”

How did Jesus deal with discouragement? He drew close to God. He praised God for his goodness and grace.

Jesus, whom the Bible says is “the exact representation of [God’s] being” (Hebrews 1:3), clearly knows the pressures and frustrations of our lives. He invites us to come to him and learn from him, so that we too may have rest for our souls.

Life is not easy, but God is good. Let him lead you and give you the rest you need today.

Prayer

Lord, thank you for the reminder from your Word that life was certainly not always smooth sailing for you. Thank you for the reminder to center ourselves on the will of God, just as you did. May we find rest for our souls today. Amen.

Devotion topics: [Life](#), [Christian Life](#), [Following Jesus](#)

Written by John Van Schepen — <https://todaydevotional.com/authors/john-van-schepen>

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