

THOUGHT FOR THE DAY: Wednesday 16th November 2022

By Revd Kit Gunasekera

Rest for the weary

I think there are a number of people feeling very tired, even exhausted at the current time. I am reminded of this lovely saying of Jesus: "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. - Matthew 11:28-29

Whatever is weighing us down, whether it be physical tiredness, mental fatigue, anxiety, guilt, fear of what's to come, may we know that Jesus does not lay any of that on us. We can talk to him about it, or just be still and know He is in us and with us, and know that He loves us, and accepts us, and is happy to be in our company. In knowing that, we will receive rest and peace. When we are truly sorry for our sins, he forgives us and throws our sin away, so that it is remembered no more. So we should not either. He does not put pressure on us to prove our selves to Him or to others. He accepts us as we are. He does not pick us up on every little thing we get wrong, even if we do and those around us do. He does not make us feel guilty, if we cannot do everything others expect of us, or think they expect of us. He knows that we all need regular rest.

As for our fears, He tells us, "let us face those together. For I am with you". When we see Him with us, the back of fear is broken. We can say, we will do our best, and what will be, will be. Experience tells us that in the majority of the cases our worst fears do not materialize. Even if our worse fears do happen, we find that all is still well with our soul. For He is with us. We will be safe in Him. As Paul says in the book of Romans 8:28 - ***And we know that in all things God works for the good of those who love him.*** And then there is the power of prayer. Jesus urges us to pray always, because God can still change the course, a situation, a person, but even if that does not happen, all will still be well with our soul, because Jesus is with us.

And if we cannot do any of the above, then let's not let that wear us down either.

Yes, Jesus tells us: "Come to me, all you who are weary and burdened, and I will give you rest.

SONG: PUT YOUR HAND IN THE HAND OF THE MAN FROM GALILEE