

I've been there. You have, too.

You have too much on your plate — and feel overwhelmed. I have felt the same.

You face impossible problems — and feel hopeless. I've experienced the same.

You've experienced setbacks, disappointments, discouragements — and are exhausted. Me, too.

You have been weary and heavy-laden, and so have I.

The question is: what do we do about it?

Some say: "That's just how life is. After all, our society is a rat race." Well, if we are all in a rat race, then just when you thought you were getting ahead, along may come faster rats. There is no rest. But remember this, whoever finally wins the rat race is still a rat!

Jesus wants more for us. He tells us: "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest."

If we needed a physical rest we can always take a nap. If we needed emotional rest, we can take a vacation. But, how can we obtain relief regarding the deepest issues of life at the deepest level of our hearts?

Jesus said "*Come to me.*" Our Lord regularly invited people to come to Him to meet their needs. He still invites you and me. But we *really* have to come to Him—and on HIS terms.

Jesus says: "*Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. For my yoke is easy to bear, and the burden I give you is light.*"

Being yoked to Jesus tells us three things:

1. Connection "Be with Me." Yokes are made for two, not one. We were not meant to go through life living apart from God. His yoke fits well and is lighter than the one we've been pulling by ourselves. Be connected to Jesus! Live by His commands.

2. Direction "Follow Me." The idea of a yoke pictures the forward motion of two connected together. You cannot be yoked to Jesus and go your own way anymore. We follow Him and His direction for our life. Follow Jesus! Live by His commands.

3. Cooperation "Work with Me." To be yoked together means that we cooperate with His work. We are to cooperate in His work of building His Kingdom. To do this we must live by His values so as to spread His values. We are to live by His commands.

The kind of rest Jesus gives is the rest that we really need, and it only comes as the result of obeying His commands. The rest we need comes with obedience to Jesus.

Our Lord invites us to rest in Him. It will be good for those who do.