

An Invitation to Rest

Matthew 11:28-29

Some first words of explanation:

These words are in the form of an invitation from Jesus. Who are these words for? They are for those who find themselves weighed down with the difficult circumstances of life.

What does Jesus offer to all who come to him? He offers a personal relationship with him in which we come to him, submit our lives and our burdens to him and in return we receive his rest for our souls. The rest that Jesus offers does not free us from responsibility and work, but in our duties we discover that submission to him each day is not burdensome.

A question to ask:

"What are the burdens that are weighing you down just now?"

A possible response:

The greatest burden we all have is our human, sinful nature. We may not realise this but, when we do, it is such a relief that we can bring this burden to Jesus too. He is the great burden bearer. Jesus himself took the full weight of our sin through his death on the cross for our salvation.

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Suggested prayer

This is a prayer you can encourage someone to pray if they are ready and happy to do so – alternatively you could drop the first line and pray for the person, adapting the words below.

Lord, thank you that Jesus died on the cross to bear the full weight of the world's sin, including my own.

Thank you that I can also trust you with the other burdens I face just now. Please help me as I name them and transfer them on to you.

Help me to realise that no burden is too heavy for you to carry. Amen.



www.presbyterianireland.org/pastoralcare

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