

Matthew 11:28-30

“Come to Me, all of you who labor and are heavy laden, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls. For My yoke is easy and My burden is light.”

FINDING REST

Life can feel like a never-ending race. We juggle work demands, family responsibilities, financial pressures, health concerns, and social obligations. These everyday stressors pile up until we feel like we are carrying the weight of the world on our shoulders. Stress and overload are not just physical or emotional issues; they are spiritual challenges as well. They affect our peace, joy, relationships, and even our walk with God. Stress is not a sign of weakness; it is a sign that we are human. Even David cried out when he was overwhelmed, saying, **“From the end of the earth I will cry to You, when my heart is overwhelmed; lead me to the rock that is higher than I.”** (Psalm 61:2).

The good news is that Jesus does not want us to carry the burdens of life alone. He offers us rest, peace, and joy. He offers us a solution. He says, **“Come to me... and I will give you rest”** (Matthew 11:28). Jesus does not say we won't have burdens, but He offers to carry them with us.

The Bible says, **“Casting all your cares upon Him, for He cares for you”** (1 Peter 5:7). So, instead of carrying your stress alone, you are encouraged to pray through your worries and concerns, and surrender everything to God.

While Scriptures give us the spiritual foundation, God also provides natural tools we can use when dealing with stress. It is important to rest and sleep. Lack of rest worsens stress. Aim for consistent sleep and take breaks during the day. Exercise and proper nutrition are essential as well. Movement reduces stress hormones and boosts happy moods. Sometimes we need to get away from the noise of life and rest in silence. Other times, it helps to share our situation with someone else. The Bible says, **“In the multitude of counselors there is safety”** (Proverbs 11:14).

Much of our stress comes from trying to control things we cannot. Stress will never fully disappear. But you don't have to live enslaved by it. So, instead of focusing on what you don't have, thank God for what you do have. Meditate on what's going right instead of what's going wrong. Trust God who holds your future. Remember that Jesus is your peace in your storm and weakness, and your rest in the overload. The Bible says, **“You will keep him in perfect peace, whose mind is stayed on You, because he trusts in You”** (Isaiah 26:3).

May the Lord bless His word in your heart. Please feel free to leave us a message at: info@talkgospel.org