

REST

Matthew 11:28-30

COME TO ME
ALL YOU WHO
ARE WEARY AND
BURDENED AND
I WILL GIVE
YOU REST.



COMPASSION AUSTRALIA

Day 17

Rest

Scan to read today's devotion on
Compassion Australia's website.



Selah—MATTHEW 11:28-30

“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. For my yoke is easy, and my burden is light.”

There is a biblical rhythm of rest, found in the art of the Sabbath. As we reflect on justice, what role does rest have in your weekly calendar?

The redemptive work of restoring justice is a heavy load for us all to walk together. We must find perspective, restoration and rest amidst the toil. This verse from Matthew encourages us to take our burdens and lay them down at the cross of Christ, and He will give us rest.



What is your relationship with slowing down to rest?



Dear Jesus

As I reflect upon the many needs in our community, it is difficult to lay them at your feet and rest. Help me learn to rely upon your perfect peace, in seasons of heaviness and toil. You are my Father, one who shadows and protects. Bring your restoration to my soul. Amen.