



Getting to the Heart of Things

Day 7

Matthew 11: 28-30 Then Jesus said, “Come to me all of you who are weary and carry heavy burdens, and I will give you rest. 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.”

In this scripture we see Jesus’s heart condition. His heart is humble and gentle. I don’t know about you, but my heart has not always been humble and gentle during this time. Jesus is asking us to rest in Him, to leave our heavy burdens with Him.

My study Bible says that the rest that Jesus promises is love, healing, and peace with God, not the end of all labor.

- If you let Jesus “teach” you now, what would you say that He is having you learn about rest?
- What “yoke” do you need to give over now so that you can have rest for your soul?