

Take 5!

5 Verses, 5 Questions, 5 Minutes!

Rest



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Please take a moment to close your eyes and get quiet before the Lord. Please confess to Him any sin that the Holy Spirit brings to mind; now rest in the grace that He has provided for you as long as you need to.

Let me pray for you please.

Dearest Holy Father,

My brothers and sisters are weary. Please encourage them this day in such a personal, meaningful way that they will know that You see their struggles and have heard their prayers. Help them to know that they are greatly and abundantly loved.

In Jesus Holy name,

Amen

Please read Matthew 11:26-30

**What command does Jesus send forth in verse 28?**

Jesus commands that we *come* to Him when we are tired and burdened. The word used for *come* used in this sentence is *deute* which means "come here, interjection; come!, come now!" *Deute* is an "imperative" word form which is a direct command. The definition states that *deute*

is also an interjection, which indicates that it imparts great excitement and emotion into the text. *Deute*, when traced back to its root, also speaks of urgently calling someone to a specific place.

Often times we wonder if the Father notices how tired and exhausted we are. From this verse, we learn that Jesus sees our weariness and is urgently calling us to meet with Him. He takes our weariness very seriously and He is waiting to meet with us so He can comfort us.

Please consider the following definitions from verse 28:

**Labor:** "to grow weary, tired, exhausted (with toil or burdens or *grief [emphasis mine]*)," derived from other Greek words which mean "grief, sorrow, intense labor united with trouble and toil, to cut, strike or smite."

**Heavy laden:** "to load one with a burden, a load of a ship."

### **What does Jesus promise to give us when we come to Him with our burdens?**

In this verse, the word used for *rest* means "to cause or permit one to cease from any movement or labor in order to recover and collect his strength, to refresh, keep quiet, of calm and patient expectation." I find great hope in that, according to this verse, Jesus promises to give us rest from the burdens and sorrows that *cut* deep into our souls.

### **In verse 28, Jesus commands us to come to Him and lay our burdens down. In verse 29, what does He ask us to pick up in exchange?**

He asks us to pick up His yoke. A yoke is a devise that goes around the necks of *two* oxen or horses who share the task of bearing a burden. When we take up the *yoke* of Jesus, we strap ourselves right next to Him; He then gently teaches us how cast our burdens upon Him so He can bear the weight of our sorrow and we can find peace.

## **What two words does Jesus use to describe His yoke and burden?**

The NKJV says His yoke is *easy* and His burden is *light*. *Easy* means "fit for use, useful, virtuous" and *light* means "quick, agile, of wind driving ships, to be carried in a ship." (Did you notice that we go to Jesus bearing "a load" of grief that could fill a ship and we end up being "carried in a ship?")

Let's take what we have learned from these verses and apply what we've learned to our lives. When we come to Jesus and give Him our sorrows and burdens, He will cause us to be refreshed in our souls. He will also heal us from the wounds afflicted upon us by exhaustion and grief. He then invites us to attach ourselves to Him so He can bear the weight of our troubles.

## **What promise does Jesus repeat in verse 29?**

He says "and you **will** find rest for your souls." Not you may, you might...but you **will** find rest for your soul. Please do not feel guilty about dropping your burdens for a little while and resting in your Savior. Let Him strengthen you and refresh you so you will be able to continue in the work He has given you.

In closing, please meditate on our verse and spend a few moments in absolute stillness while Jesus refreshes your soul.

*"Come to Me all who labor*

*And are heavy burdened and I will give you rest.*

*Take up My yoke and learn from Me,*

*And you will find peace for your souls.*

*For My yoke is easy and My burden is light."*

