

**March 1, 2023**

The Lord wants you to live in His liberty and freedom.

***Mt. 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.” (NIV)***

I love this passage because it speaks directly to my heart. I feel weary and burdened many days of my life. Now this is not because life is so hard (it kind of is), but it is because many times I am running on my own strength. This is not advised. Our batteries run low very quickly and we tend to look to other means to get a boost. (Let's not talk about my coffee addiction). Now look what Jesus says here. He doesn't say come get recharged so that you can keep going. Instead He says come and I will give you rest. In our fast-paced world, we tend to not rest, but just grab another energy drink (not advised) and keep on going. In the end, we see worn out empty shells that are walking around much like zombies.

Now catch what Jesus is saying. He is not saying to work less in particular. He is saying where you abide makes all the difference. When we come to Him, we find the rest and peace of mind that will pour over our tired souls. The reason that His yoke is easy, and burden is light is because of Who is holding us. Our vehicles may be fueled by gas, diesel or batteries, but our lives are fueled either by our own strength (which runs out quickly), or by the strength of the LORD. I think when we look at this from His perspective, it is easy to see that His yoke is easy and His burden is light, because He has all strength, and we can rest in His power.

**Dear LORD, help me to slow down today long enough to recognize that living in Your presence and power is far better than my own. I want to rest in You today. In Jesus Name, Amen**