

RESTING BUT UNRESTED

PRECEPT

Nehemiah 8:10

10 ... Don't be dejected and sad, for the joy of the LORD is your strength!

PROMISE

Our lives are often busy, filled with responsibilities and challenges that come in cycles. As long as we live in this world, complete rest can be difficult. Jesus Himself said in John 16:33, "In this world you will have trouble. But take heart! I have overcome the world."

Jesus never promised a life without suffering. Instead, He reminds us that although we live in a broken world filled with troubles, we can have hope and faith because He has overcome the world. When life feels restless and overwhelming, He can make a way where there seems to be no way, giving us the peace and rest we need.

Life can push us to our limits, leaving us exhausted and wanting to quit or run away. But Jesus knows what we are going through. When we no longer have the strength to carry our burdens, we can trust Him to carry us. Matthew 11:28-30 says, "Come to me, all you who are weary and burdened, and I will give you rest." 29 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. 30 For my yoke is easy, and my burden is light." We were never meant to carry the burden alone. Maybe that's why you feel unrested—because you're trying to figure everything out on your own, depending on your own strength and resources. And that isn't sustainable; it's draining you. So, take His yoke, for His yoke is easy and His burden is light. The blessing is that in Him, you will find rest. True rest isn't a life without burdens or responsibilities. It's choosing to carry them with Jesus—submitting to His yoke, learning from Him, and trusting His strength. His yoke is easy, and His burden is light.

But what do we do when that rest hasn't come yet? We keep coming to Jesus. When there is no rest, we cling to what gives us joy because joy gives our weary hearts a breather. When you are exhausted, come to Jesus, and He will give you rest. When you can't find rest, take His yoke, for it is easy and the burden is light. And when rest still hasn't come, cling to the joy of the Lord, for His joy gives us strength to keep going.

True rest doesn't mean life stops being heavy. It means you don't have to carry the weight of life alone. And when rest hasn't come yet, the joy of the Lord gives you the strength to keep carrying on—with Jesus.

PRACTICE

1. **Rest.** When life feels overwhelming and you're exhausted, what do you usually turn to for rest? How might Jesus be inviting you to turn to Him instead?

2. **Jesus yoke'.** If you haven't found the rest you've been praying for yet, what would it look like for you to truly come to Jesus, take His yoke, and trust Him to carry you? And how can we pray for you regarding this?

PRAYER

I. Giving
• May we selflessly and sacrificially give to those who are in need.

II. Wisdom
• May we be wise, making the most of every opportunity and knowing His will.

III. Mental health
• Let's ask for God's healing touch to those who are in need of it.

IV. Purpose
• Pray that God work in us to will and to act in order to fulfill our purpose.

V. Heart
• Pray for protection against worldly temptations and negative media.

VI. Retreat
• Pray for a fruitful and a meaningful weekend.

VII. Growth
• May He guide us as we grow in faith.