



WEEKLY DEVOTIONALS FROM PASTOR LYLE WAHL

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Weary, heavy burdened

Life is leaving you

weighed down by burdens

tired

weary

worn out

exhausted



What do you do? What should you do? What can you do?

Let's begin by turning to some familiar words from Jesus.

“Come to Me, all 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 comfortable, and My burden is light.” (Matthew 11:28-30)

We need to set the scene. Earlier in the chapter Jesus reprimanded, pronounced judgment on the cities in which He did most of His miracles because the people did not repent of their sins. Then, immediately before this, Jesus tells us we can only know God, be accepted and received by God through Himself. And so He extends this beautiful, grace-filled invitation.

Jesus gave the invitation to come to Him to all, and it echoes God's word through Jeremiah, “I give plenty of waters to the weary ones, and refresh everyone who languishes” (31:25). We need to set aside reliance on our own wisdom and intelligence, self-sufficiency and pride, and come to Him in trust as little children, as we read here in verse 25. When you are weary, worn out, come to, run to Christ, as a song we sing says,

“I run to Christ when chased by fear and find a refuge sure ... I run to Christ when worn by life and find my soul refreshed.”

When we run to Christ He will give us rest for our soul. Going back to Jeremiah, God tells us,

“Stand by the ways and see and ask for the ancient paths, where the good way is, and walk in it; then you will find a resting place for your souls” (6:16)

Isaiah chapter 26 verse 3 sings “The steadfast of mind You will keep in perfect peace, because he trusts in You.”

What about the yoke, Jesus telling us “Take My yoke upon you?” A yoke, whether for an animal or person has the goal of making work easier. This picture points us to the reality of discipleship, of following and, as Jesus says here, learning from Him. We come to Jesus to know Him, to learn from Him, to follow Him. As we do that and He teaches us He gives us the gift of His rest, His peace.

Jesus tells us His “yoke is comfortable, and [His] burden is light.” This draws us to Jesus’ words of sharp contrast later in Matthew, in chapter 23, about the scribes and Pharisees,

they “tie up heavy burdens and lay them on people’s shoulders, but they themselves are unwilling to move them with so much as their finger.” (4)

Following Him is challenging, but is not a burden that weighs us down, wears us out more. You can count on that!

This is so because Jesus is “gentle and humble in heart.” I love that! We see His gentleness as we move ahead to chapter 19.

“Then some children were brought to [Jesus] so that He would lay His hands on them and pray; and the disciples rebuked them. But Jesus said, ‘Leave the children alone, and do not forbid them to come to Me; for the kingdom of heaven belongs to such as these.’” (13-14)

Are you weary, heavy burdened? *Run to Christ!* Follow the encouragement from the hymn,

“Are you weary, are you heavy-hearted? Tell it to Jesus, tell it to Jesus. Are you grieving over joys departed? Tell it to Jesus alone.

Do the tears flow down your cheeks unbidden? Tell it to Jesus, tell it to Jesus. Have you sins that to men’s eyes are hidden? Tell it to Jesus alone.

Do you fear the gathering clouds of sorrow? Tell it to Jesus, tell it to Jesus. Are you anxious what shall be tomorrow? Tell it to Jesus alone.”

Pastor Lyle