

# DEVOTIONAL

**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.**

Matthew 11:28-30

I saw a commercial for a mattress company the other day. They said life is better with a good night's rest. Isn't that the truth! Good rest helps us function better and leads to better health. A good mattress is one of a host of ways to promote better sleep. Google it. You will find no lack of suggestions for those that are sleep deprived.

There is another kind of rest that people seek. It is spiritual rest. Sin and shame hinder spiritual rest. But all too often, the ways people seek spiritual rest provide none. Spiritual rest is not earned. You will not find this rest by trying harder to be good. You will not find spiritual rest by doing more good than bad (if in fact you can do that). You will not find it by sizing up your sin list next to the lists of others. Spiritual rest is given. The one way to spiritual rest is found in Jesus Christ. Jesus invites sinners to come to him for rest. The rest is the forgiveness of sins. Jesus took on the heavy load of punishment and offers us the light load in return. The light load is the forgiveness of sins. This light load is why you can "rest in peace" every day.

If you sleep well at night, be thankful. If that is not you, be thankful spiritual rest comes easily. It really does. Just go to Jesus and unload. You might even sleep better.

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