**Wednesday 22nd April**

Matthew 11:28-30 NIV

“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. For my yoke is easy and my burden is light .”

Matthew 11: 28-30 The Message Version

“Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you’ll recover your life. I’ll show you how to take a real rest. Walk with me and work with me— watch how I do it. Learn the unforced rhythms of grace. I won’t lay anything heavy or ill-fitting on you. Keep company with me and you’ll learn to live freely and lightly.”

A number of people I’ve been in contact with recently have commented on how tired they feel. For some this has been because they have been unwell; for others it is because they are key workers and are putting in extra hours to support the national effort to hasten the end of the crisis. Some people are tired because they have been on a steep learning curve - taking on new work or new ways of working in a time of great change. A number are feeling done in by the demands of homeschooling! Others are weary from being alone and finding the time ticking by so slowly, as we wait; and some are finding the simmering, underlying anxiety leaves them exhausted by the end of the day. So these precious words of Jesus are like a cold glass of water on a hot summers day. I’ve given you two different translations today because together they give a greater depth of insight. You can find rest for your soul. It is available in Jesus. Don’t run from him, turn towards him and accept His invitation.

*Lord Jesus, thank you so much that in you, there is rest. We lift up to you all those things that wear us down and sap our energy. We receive the refreshment that you offer in relationship with you. Today we lift to you all those that are feeling weary. Help us to remove ill-fitting yokes, and instead come under the gentle yoke of your Lordship. Amen*



“Come to me, all you who are weary and burdened, and I will give you rest.”