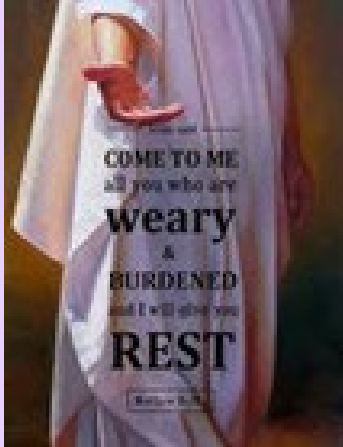


**“Come to Me, all you who labor and are burdened, and I will give you rest.”**



Wow! what an invitation! What are you waiting for?

We all have those moments when we feel overwhelmed or burdened: the pandemic, unemployment, health problems, addictions, family issues, or the small and monotonous aspects of our lives. And, what does Jesus say to us:

**“Come to Me no matter what is going on in your life.”**

**“Come to me without hesitation and without fear.”**

**“Come to Me just as you are: tired, discouraged, worried, bored, happy, joyful...”**

He extends His hand to you and says **“Come”**. **What are you waiting for?**

Jesus also says, **“Take my yoke upon you and learn from me, for I am meek and humble of heart; and you will find rest for yourselves. For my yoke is easy, and my burden light.”**

What does, “My yoke is easy, and my burden is light” mean? Does it mean that coming to Jesus will **remove** all hardship from our lives? **No**, not really. What it means is that **coming to Jesus will enable us to endure and walk through any hardship we encounter in life.**

Jesus says He wants to listen to **all** of our troubles. (**Who else does???**) He wants to assure us that his yoke is easy, and his burden is light. Spending at least 5-15 minutes in prayer each day keeps us connected to Him as well as split-second prayers throughout the day. In prayer, God speaks to us in the **silence** of our hearts and gives us inner peace. So, relax and tell God what ‘s on your mind and in your heart. Be sure to share your joys as well as your struggles, your hopes, as well as your fears. He **never** grows tired of **listening** to us’ others may, but **not** Jesus. He loves us and longs to **renew** us with His **love**.

What burdens do you want to share with Jesus at this time in your life? Take them to Him in prayer right now or before you go to bed tonight. Never underestimate the power of prayer!

This week reflect upon this **gentle** and **wonderful** invitation from Jesus. Let **Him** enter into whatever it is that burdens you. Let Him carry the yoke that you carry and give you, instead, the **gentle** yoke He has prepared for you. The burden you bear may **not** go away, but it will be **transformed** and made **light** in His grace.

**Lord, I surrender my life and all that I am to You. I accept Your invitation to come to You. Thank You for Your unfailing compassion and concern for me. I trust in You.**