



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

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...”

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.**” This does not mean that Jesus will remove all hardships from our lives. What it means is that coming to Jesus will **enable** us to **endure** and walk through any **hardship** we encounter in life.

Jesus wants to listen to **all of our troubles!** Do you know **anyone else** who wants to do this? He is delighted to hear about our joys! He is also delighted to hear about our **joys**. Spending at least **5-15 minutes** in prayer each day keeps us **connected** to Jesus 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**. We need to share our joys as well as our sorrows with him. He **never** grows tired of **listening** to us, others may, but **not** Jesus.

What burdens would you like to be free from? Just **lift** them up in prayer **right now** or before you go to bed tonight. Let Jesus 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. **Never underestimate the power of prayer!**

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.