

## Daily Devotion For September 7, 2021

<sup>28</sup> “Come to me, all you who are weary and burdened, and I will give you **rest**. <sup>29</sup> 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**.” Matthew 11:28-29

I hope that you had a pleasant and restful Labor Day yesterday. On Sunday, our opening praise song was Matthew 11. It is one of our congregation’s favorite songs to sing. As the above scripture verse says, Jesus beckons all who are weary and burdened to come to him and his promise is that he will give you rest. In verse 29, Jesus further says that the rest we receive is rest for our souls.

Rest for our souls is not just physical rest. It involves much more than that. It encompasses our body, mind, soul, and spirit. And the place that we find this rest is in Jesus. This is the deepest kind of rest that we can experience. It is rooted in our faith and confidence in God’s unconditional love for us. Rest for our souls comes when we fully trust in God no matter what our circumstances might be. We trust that God is good, that he is sovereign and that he has a plan for our lives.

**Thought For Today:** While yesterday was Labor Day, a day to rest from our labors, remember that you can find rest for your body, mind, soul, and spirit each and every day as you trust in Christ. Claim the promise of Jesus, <sup>28</sup> “Come to me, all you who are weary and burdened, and I will give you **rest**. <sup>29</sup> 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**.”

**Today’s Prayer Focus:** Thank God for providing rest for your soul. Thank God for his love and care for you. Cast your cares upon him. Continue to use the prayer fuel as part of your daily devotional time. Deo Volente.