

## Daily Devotion For July 10, 2022

“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.” Matthew 11:28-29

With all the bad news we hear and read about today, are you feeling stressed out? We can not deny that we live in a fallen world where we see bad things all around us. But one way we can help deal with the stresses of life is a daily connection to Christ. When we are disconnected from Christ, it causes all kinds of problems - fear, guilt, worry, loneliness. Jesus is aware of the load you're carrying, and he says, "I'll carry it with you."

We know that in Jesus we have a Savior that sympathizes with us, because he spent 33 years on this earth experiencing the same emotions we do. He understands stress better than we ever will. When we observe how Jesus lived, we can learn how he endured through stressful times.

**Thought For Today:** Wherever you're at today and wherever you may find yourself tomorrow, look to Jesus and give him your stress. We need his presence in our lives. We need his power. Psalm 50:15 says, “Call on me in the day of trouble I will strengthen you and you will glorify me.”

**Today's Prayer Focus:** Cast your cares and stresses upon the Lord today, knowing that He cares for you. Deo Volente.