

The secret of calm and peace and rest and patience and love is resting in the Lord.



JESUS SAID, “Come to Me, all you who labor and are heavy laden, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls. For My yoke is easy and My burden is light” (Matthew 11:28–30).

Jesus promises that His yoke will be easy and His burden light, but there’s one condition: “Come to Me.” When you are wearied with the strain of it all, you can fly to Jesus on the wings of prayer and faith and get the relief that He alone can give you. He knows what you need most of all: rest and peace and fellowship with Him, and feeding on His Word.

“And you will find rest for your souls.” Not many people understand that a soul is both body and spirit. If you don’t rest in the Spirit, you are going to wear out your body.

Take His yoke on you—not the yoke of this world or your own yoke, but the yoke of Jesus’ own love and His burden of love for others.