

This Week's Scripture

Scripture Passage

Matthew 11:28–30 (NLT)

"Then Jesus said, 'Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. For my yoke is easy to bear, and the burden I give you is light.'"

Reflection Question

What burden has become too heavy for you to carry alone?

Reflection

Jesus never intended for us to carry life's burdens in our own strength. In Matthew 11:28–30, He lovingly invites every weary and burdened heart to come to Him. Whether we are weighed down by anxiety, grief, disappointment, fear, or uncertainty, He offers something the world cannot give—true rest for our souls. Coming to Jesus means surrendering what we cannot carry and trusting Him to provide the strength, peace, and guidance we need. As we walk closely with Him, our burdens become lighter because we no longer carry them alone.

Personal Reflection

There have been seasons in my life when the weight of grief, chronic pain, uncertainty, and daily responsibilities felt overwhelming. During those times, I found that the greatest comfort came from simply sitting quietly with Jesus and honestly telling Him what I was carrying. Again and again, He reminded me that I was never meant to bear those burdens alone. His presence has become my place of peace, and His faithfulness continues to strengthen me when I feel weary. I have learned that true rest is found not in having every answer, but in resting in the One who holds every answer.

This Week's Step of Faith

Set aside a few quiet minutes with Jesus each day this week. Bring Him every burden through honest prayer, releasing each one into His hands. Instead of carrying your worries throughout the day, remind yourself that Jesus has invited you to rest in Him. Trust Him to carry what you cannot and allow His peace to strengthen your heart.