

# **Rest for the Weary**



*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***

Dear Friends

Over the last 18 months our lives have been filled with uncertainty. Some have experienced the pain of loss, others illness and for others of us, living through these uncertainties, has brought struggles, loneliness and anxieties. It HAS been an exhausting and weary experience!

YET in the face of all that we have endured and suffered on both a global and personal level Jesus invitation to all who are weary to come and find rest in him is as timely and welcome as ever. We are not meant to bear our burdens alone, Jesus promises to share them and bear them with us. As we move through the summer season let us not lose heart but rather, stand on God's promise that we can leave all our burdens with him and, find rest, peace and joy.

**Thank you Loving Father that we can come to you in confidence. Thank you that we can speak to Jesus, your Son, as a friend, sharing our joys, our struggles, our hopes and our fears. You never grow tired of listening and are constantly renewing us through the gift of Your Spirit. AMEN**