

RESTING IN CHRIST

"Come to me, all who labour and are heavy laden, and I will give you rest."

Matt. 11:28

REFLECTION

"That's it! I've tried and given my best. There's nothing more left in me to give. I'm giving up. Let me get out."

"I've struggled with this (relationship, sin, habit, thought, feeling, etc.) for a long time and done all I can, but I don't see the end of the tunnel. When will this stop altogether?"

"I've tried to be good, even be at my best, but it always seems like my good/best is not good enough! Will anyone notice me? Will God accept me?"

Have you ever had such experiences or thoughts in life and feel alone and helpless? Who can you turn to? Who would understand what you are going through?

Be comforted to know that Jesus sees and He knows what you are going through. He is not far away and unable to help. He invites you to come to Him just as you are, along with the burdens, concerns, shame, guilt and frustrations you carry, the struggles and chores you face daily, and also the things that you may dread and wish to run away from. Jesus invites you to come to Him and lay all these at the cross. He receives you as you are, not because you are good enough, but because of who He is – the God who is love.

Jesus promises you His rest. "I will give you rest." He doesn't promise that all the problems will disappear, but rest is assured. Rest that brings renewal of strength, rest that refreshes the soul and whole being, rest that realigns one's life with His purpose and will, and with meaning.

Would you come to Jesus and lay yourself at the feet of His cross? He welcomes you whatever you may be going through, however you may see yourself at? Jesus cares about you; He cares for you. Come.

PRAYER

Lord Jesus, Your death on the cross opened the way for us all that we may come to our heavenly Father without any barrier or fear, but in love and gratitude. Call us that we may come to You and receive the grace which You have so freely given to us so that we may live our lives with renewed courage, meaning and strength. In Your name we pray, Amen.

SUPPLICATION

- Take some time to be still and picture yourself at the cross of Jesus. Picture His love towards you emanating from His eyes, hands, feet and side. Picture Him saying, "I love you." Receive those words into your spirit. Allow those words to be repeated in your mind and spirit. When you are done, say to Him, "Thank you, Jesus."
- Do you know of someone (family member or friend) who is facing an issue in life to the point of burnout? Commit them to God in prayer. Pray for them to come to Jesus and encounter Him and His grace that they may find refreshment and strength through His grace. Pray for God's guidance on how you may be of help to this person.
- There are many people in society who are struggling through life on their own and they have yet to know Jesus and encounter His love and grace. Pray for God's prevenient grace to work in their lives that they may hear God's voice calling to them, *"Come to me, all who labour and are heavy laden, and I will give you rest."* Pray that they would hear clearly and respond to God willingly.
- Pray for our leaders (nation and churches) and healthcare providers who have been tirelessly labouring to keep this nation safe and well-provided. Thank God for them and pray for God to renew them in mind, body and spirit, and to keep their families safe. Pray that they may also find rest in God alone.

"Lord, I come to you.

Let my heart be changed, renewed,

Flowing from the grace

that I've found in You."

- Geoff Bullock

***If you need any prayer or pastoral care support,
kindly contact the pastoral care team via:***

Email: wecare@brmc.org.sg

Contact: 6592 4011 or 6592 4012