

Charlyne Cares

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DO YOU NEED REST?

"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. For my yoke is easy and my burden is light." Matthew 11:28-30

Are you weary, tired and burdened by your marriage problems? Are you stressed out about your children's behavior problems or their rebellious ways? Bob and I understand all the problems and circumstances that you may be facing on any given day. What are you to do?

"Come to me!" That is what your Lord is saying to you today. If you will humble yourself, crying out to Him, saying that "I cannot do this any longer, help me!" He will come running to your aid and by the grace and mercy of our Lord, He will calm the stormy waves or straighten out your crooked path that you are on.

An old song, *"Burdens Are lifted At Calvary"* by John M. Moore explains in only a few lines how God wants His children to find rest and help;

"Cast your care on Jesus today, Leave your worry and fear;

Burdens are lifted at Calvary- Jesus is very near.

Troubled soul, the Savior can see Ev'ry heartache and tear;

Burdens are lifted at Calvary- Jesus is very near.

Burdens are lifted at Calvary, Calvary, Calvary;

Burdens are lifted at Calvary- Jesus is very near.

(Song-public domain)

I pray that you will come to know your Lord Jesus Christ in a way that He met me when I was hurting, broken, wounded and felt my marriage and life were in a tailspin of crashing and destroying everything and everyone. As I was burdened with my heart breaking in half with pain and agony, I cried out to my Lord and the Holy Spirit touched me and gave me strength and hope through my circumstances showing me how big of a God I serve!

"He give strength to the weary and increases the power of the weak. Even youths grow tired and weary, and young men stumble and fall; but those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint." Isaiah 40:29:31

Memorize these two scriptures above in Matthew 11 and in Isaiah 40 so that you will know these scriptures by heart, being assured that the Lord says He will give you rest and renew your strength. I can only imagine the burdens that you are carrying which are heavy, so hand them over to your Lord to carry. Then speak the scriptures out loud and inform the enemy that your Lord is going to strengthen you and give you rest.

Come to Jesus so He can set you free from any and all burdens that you are carrying. Yes, you must take the first step, you must call on His Name for His help, but your Lord is right there beside you, waiting to help you, when you are ready for His divine intervention.

One major point in Matthew 11 is that Jesus, who is the greatest Teacher says, "Learn from me." Are you learning from Him daily by reading His Word? Allow the Holy Spirit speak to your heart to encourage you and help solve any of your problems. Jesus says, "I am gentle and humble in heart." Would you not like to have your spouse treat you like that? Then allow your Lord to be your spouse and best friend for this season in your life, showing you His heart of love for you and your family.

Some time ago I challenged the Rejoice Pompano group to start spending an hour a day in praying and reading God's Word. How are you going to learn to become a stronger Christian, a better wife or more loving husband other than by reading and studying God's Holy Word?

Your Lord God wants you to come to Him. Jesus knows you are very weary, tired, and burdened by all of your circumstances. He wants you to get up each morning or come to Him each evening and lay all your burdens and cares at the foot of the cross and allow Him to handle everything that day. Learn to let go and trust Him. He loves you and your spouse more than you will ever know.

"Praise be to the Lord, to God our Savior, who daily bears our burdens." Psalm 68:19

Your Lord God wants to free you from all of your burdens, and give you rest and peace by giving you the Holy Spirit to lead you through every day of your life. Remember, He wants to give you mercy and grace to help you in your every moment of need. Go to Jesus and ask the Lord to meet you in this new way, so you know for certain that you can lay your burdens down for the Lord to carry--not you. Now, you must take the first step turning to your Lord for this rest only comes from Him!

"But I call to God, and the Lord saves me. Evening, morning and noon I cry out in distress and he hears my voice...Cast your cares on the Lords and he will sustain you; he will never let the righteous fall...But as for me, I trust in you." Psalm 55:16-17,22-23

God bless,

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