

Daily Devotional by Dr. Gloria P. Holmes

Women's Ministry Leader-Bethel Missionary Baptist Church

Reverend Dr. RB Holmes, Pastor

"Gateway to God's Glory in the Midst of the Coronavirus Pandemic"

"REST FOR THE SOUL"

"Come unto Me all ye that 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 humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light." St. Matthew 11: 28 – 30

How comforting it is to know that we can experience rest for our souls. Whenever I get restless or a lot is going through my mind, I recite this passage to myself repeatedly. I know that it has helped me sleep well on many occasions. You see, I really believe that if God said it that settles it. God settles whatever "it" may be. We know that in the beginning was the Word, and the Word was with God and the Word was God. (St. John 1:1) This scripture informs us that the Living Word is Jesus. During this COVID19 season, I think that we all can use some rest for our souls. Of course, the fulfillment of this promise of rest comes with some tasks for us to do. First, Jesus invites us to come to Him whenever we feel burdened or overworked or stressed out. This is our first act of obedience. Secondly, we must allow Jesus to take control of our lives by taking His yoke upon us. I asked Siri for her definition of a yoke: "A yoke is a wooden beam normally used between a pair of oxen or other animals to enable them to pull together on a load when working in pairs; as oxen usually do." You may read more at your leisure to get the full picture Jesus paints. Next, we must be willing to learn from Jesus who describes Himself as gentle and humble in heart. From this passage, I glean that there are many lessons Jesus is willing to teach us, and I also surmise that our character should be gentle and humble reflecting these beautiful traits of Jesus.

Finally, Jesus promises that His yoke is easy, and His burden is light. What a magnificent truth. This scripture suggests that whenever we are feeling otherwise, e.g. overburdened or stressed out, something is wrong. Either our flesh has taken over rather than the Holy Spirit, or Satan is somewhere close by, or perhaps we have allowed our minds to focus too much on the things of this world. Beloved, whenever this situation occurs, let's remember to turn our focus to the Living Word, Jesus, and to the written Word of God, the Holy Bible. **Let's accept rest for our souls.**

Prayer

Dear Jesus,

We gladly accept your invitation to come unto you! Thank you for the interceding for us and for providing rest for our souls. We praise God's Holy name. In Your name, we pray. Amen.

How will you respond to today's message?
