



# Shepherd's Path

## A Shepherd's Personal Devotions

### Pass The Promise Series, Lesson 15

**Lesson Title:** Spiritual Rest

**Take Home Point:** Jesus lifts our burdens.

#### **Warm-Up:**

Imagine God could send you an email tomorrow morning. Since he knows all about you, what might he want to tell you? Perhaps it would be something like this: "Good morning! Today I will be handling all of your problems. Please remember that I do not require your help. When there is a situation that you cannot handle, DO NOT attempt to resolve it. Just put it in the SFJTD (something for Jesus to do) box. It will be addressed in MY time, not yours. Once the matter is placed into the box, do not hold on to it or attempt to remove it. Holding on or removal will delay the resolution of your problem and cause you needless fear and worry. Because I do not sleep nor do I slumber, there is no need for you to lose any sleep. If you need me, I am only a prayer away."

**Read:** Matthew 11:28-30

#### **Observation (What happened?):**

In verse 28, how does Jesus describe the people to whom he directs these comments?

What does Jesus tell them to do with their loads? Why?

#### **Interpretation (What does it mean?):**

Why does Jesus want to take our burdens?

What do you think it means to carry the yoke of Jesus and learn from him? What can we learn?

#### **Insight:**

Jesus invites us to accept his rest for our souls and stop carrying our own burdens. He doesn't say we won't have burdens; in fact, in John 16:33, Jesus tells his disciples (which includes us) that in this world we will have trouble. He also says he overcomes the world, and since we are his, we can overcome as well. Unfortunately, as long as we are in this sinful world, we will have cares and fears. The question is, what do we do with them? Jesus offers to carry them for us in gentleness and humility, which we can learn from him. Many years ago, John Bunyan wrote an excellent book named "The Pilgrim's Progress," as an allegory for the Christian walk toward heaven. Check it out at your local or church library. It is as relevant today as when it was written.

#### **Application (What does it mean to me?):**

What load of worry, fear, or care are you carrying that Jesus wants to take from you? Ask him to take it; accept the rest he offers.

Pray for the children in your small group to take their worries, fears, and cares to Jesus so they can experience his rest, too.