

## *God Will Give You Rest*



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**- Matthew 11:28-29**

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Imagine you have a heavy weight tied on your back. Day after day this weight presses down on you, making it difficult to walk or move around. You're constantly tired and out of breath. At times, the weight seems unbearable, like it is about to crush you. What will you do? To whom will you turn for help?

The Bible says when we sin against God, we feel guilty and ashamed. Deep down, we're also afraid because we know we deserve God's punishment. These feelings of guilt, shame, and fear are like a heavy weight that presses down on us. They give us a sick feeling in our stomach. We wonder, "How can God love me when I sin?"

Some people try to earn God's forgiveness by being good or doing good things. They think if they are kind, honest, obedient, humble, and loving, God will accept them. But God's standard is perfect holiness. If you've ever tried to be perfect, even for one day, you know you can't. Those who try to earn God's forgiveness find that it, too, is a heavy burden. They wonder, "Have I been good enough? Have I done enough good things?"

If you're struggling with the weight of your sin or with trying to be good enough, Jesus says stop! Stop struggling on your own and turn to Jesus, instead. Trust Jesus to take away the burden of your sin. Trust him to give you salvation as a free gift of his grace. These burdens are too heavy for you to carry on your own. You must give them to Jesus. If you do, Jesus will give you rest for your soul. He will take away your worry and fear and give you peace. Jesus promises to give real rest to all those who come to him. Will you come to Jesus?