

Matthew 11 v 28-30 Jesus said, “Come to me, all who labour and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.” (English Standard Version)

What a promise. Why do so many of us not seem to experience this? Perhaps the key is to learn from Jesus – he took rests, went off to find places to be quiet and most importantly he said he (God’s Son) could “do nothing of his own accord, but only what he sees the Father doing” (John 5 v 19). God is the one doing all the work really, but He does want to involve us so that we are part of what He is doing (a yoke is across the shoulders of two who work together). Jesus promised that working alongside him, at his pace and involved in what he is doing will not be too onerous, and in fact we will find true rest. This seems to sum up the balance of [work](#) and [rest](#).

Tony Horsfall has written very well on this topic in “Working from a place of rest” and “Rhythms of Grace”.

Matthew 11 v 28-30 (Easy to Read Version) “Come to me you people that are tired and have heavy burdens. I will give you rest. Accept my work and learn from me. I am gentle and humble in spirit. And you will find rest for your souls. Yes, the work that I ask you to accept is easy. The burden I give you to carry is not heavy.”

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