

## **Free and Found**

### **Ready:**

“For John didn’t spend his time eating and drinking, and you say, ‘He’s possessed by a demon.’ The Son of Man, on the other hand, feasts and drinks, and you say, ‘He’s a glutton and a drunkard, and a friend of tax collectors and other sinners!’ But wisdom is shown to be right by its results.” — Matthew 11:18–30

### **Set**

We live in a world filled with pressure. Constant, defeating pressure that will leave us paralyzed in fear if we are not careful to fight against it. It is easy to feel pressure and stress from everything in our lives.

I will never forget the stress I felt as a volleyball player at every game that I played. I knew I had to perform at my best for my teammates, coaches and parents. The greatest pressure was the fear that others would not see me as a good athlete.

I was so focused on image that I forgot what it looked like to play because I loved my sport. Do you ever feel that way? Well, you do not have to. Our identity is not found in our sports or achievements; it is found in Jesus, and He says we are children of God. As children of God, we do not have to carry the weight of success anymore. All we need to do is seek the Lord, come to Him in our weariness and with all of our heavy burdens, and He will be faithful to carry them for us and give us His yoke, which is a yoke of rest for our souls.

Now, it is not wrong to want to succeed and to practice getting better. But we must ultimately have peace and know we are practicing. Jesus is our only source of rest and peace from the pressure of this world. In Him, our burden is light, and we can live without fear or anxiety. Find rest in Him today.

### **Go**

- How can you trust God more?
- What do you think it means that the Lord can carry our burdens?

### **Workout**

Isaiah 40:31; Isaiah 41:10; John 1:12

### **Overtime**

"Lord, thank You for the beautiful promise that You will carry our burdens for us. You say that I am good and Yours. Help me remember that. Amen."



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