

## **God is our Rest**

### **Ready:**

“Come to me, all of you who are weary and burdened, and I will give you rest. Take up my yoke and learn from me, because I am lowly and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.” – Matthew 11:28-30

### **Set**

Athletes know what it is like to be exhausted; from the late nights to the early morning workouts, we long for rest. That’s why it is so important in sports to have rest days and offseasons. The pace at which we run is not sustainable forever; we must have times of rest so that our bodies and minds can slow down. The physical rest we seek after working hard is nice and refreshing, but nothing compared to the spiritual rest our Heavenly Father offers us.

We understand when our bodies seek rest, but how often do we seek rest mentally and spiritually? More than ever, our brains are always on and running, thinking about the future, the past, what-if situations, and fears. Do we know how to seek rest from all of that? How to let our minds stop wondering and worrying and be at peace?

God knows that we desire proper rest and offers it through Him. He tells all who are burdened that He will give them rest. He also teaches us how to handle the load better if we watch and follow Him. The burden becomes light and easy when we decide to stop trying to carry the weight on our own and let God in.

The burden doesn’t go away, but God carries it with us. God never says this life will be easy or that He will remove all pain and struggle, but He offers to walk with us in the pain. All we have to do is allow Him in.

### **Go**

- What is something causing you to be mentally tired in your life or as you train for your sport?
- Are you taking your burdens to God or trying to carry them yourself?

### **Workout**

[Psalm 32:8](#)

[Isaiah 58:11](#)

### **Overtime**

“God, You don’t promise to take away the pain of this world, but You promise to walk with us through it. We are all tired for different reasons; we all have heavy spirits and burdens. Help us turn to You for our rest. Amen.”



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