



| **Friday, December 14**

Rest

Come to me, all you who are weary and burdened, and I will give you rest.

Matthew 11:28

What an invitation! “Come to me, all you who are weary and burdened, and I will give you rest.” In times of darkness, remembering this verse often leads me directly to God. As Christians, we can be comforted knowing we are not alone; we are not left to figure everything out by ourselves. All the burdens of the world are not ours to bear. That is the gift of faith.

I see it as opportunity, maybe even a luxury, that Jesus offers his followers nothing more than, “Come to me.” As a believer, I know my faith rests on the hopeful promises of God. “May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit” (Romans 15:13).

Advent is the time to prepare ourselves for the coming of the Christ Child who will, in time, die on the cross for our sins—suffer in our place. What hope Jesus brings as he proclaims, “I am the resurrection and the life; those who believe in me, though they die, shall live” (John 11:15).

Thank you, God, for always being there to receive my burdens and to lighten my load. During this season of Advent, allow all Christians to be open to the Holy Spirit as promises to Jesus' birth are revealed. Amen.

- Elizabeth Rydeen