

Sermon Script
July 5, 2020

“Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest.”

Anyone feeling weary these days? When you hear, “heavy burdens,” do you have a list that quickly and automatically rises to the front of your thoughts? Does the offer of rest, real, burden penetrating rest, peak your curiosity and make your heart plead, “Yes, Please give me rest.”

Recently, I had a string of restless nights. Maybe you have had these too. My mind wouldn't shut off and thoughts raced around in my head in chaotic rampages. And, these thoughts are not the “light and fluffy” kind of thoughts.

These thoughts grab hold of me and will NOT let me go. They wrestle with me, challenge me, scare me, and...weary me. These thoughts weigh me down not allowing me to float away into restful sleep.

Any of this sound of feel familiar?

I can see it in people's faces on zoom. I hear it in voices on the phone. I read it in emails. Weary and heavy burdened? You be we are.

COVID-19 is a heavy burden.

Racism is a heavy burden.

Not being able to see all of you, is a heavy burden.

Trying to figure out how to live into a new world with new health realities is a heavy burden.

Dealing with all of this while not being able to gather in the same place to support one another is a mighty heavy burden.

AND...EVERYONE is dealing with this in some form or fashion, at the same time. NO ONE is immune.

We are weary folks.

We are ALL carrying heavy burdens of some sort.

So, what do we do about it?

Watch more news? Go on social media? Read a book? Watch a movie?

And when we try these possible remedies to these heavy burdens...how would you rate your amount or quality of rest? You feeling like, “Me and rest, we have a good thing going together right now.” Or, are you feeling like, “Rest? What rest? I haven't rested...really rested since, well, I can't remember when I last felt rested.”

Life is tough and we need rest. God knows, we need rest. So, where will we find, rest?

Well, guess what? Jesus shows up with a gift for us. "Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you and learn from me; for I am gentle and humble in heart..."

Where can we find rest? Jesus seems to make it clear. "Come to me." Standing with a people that were weighed down with heavy burdens of their own, Jesus says, "Come to me...I will give you rest."

Where can we find Jesus, in order for us to go to him?

Scripture, certainly is a place to start. Dig into the scriptures and study Jesus. Watch how he lives and interacts with the world around him. See how he simultaneously is fully dedicated to caring for the poor, the outcast, the sick, the vulnerable while he consistently spends time with his Father in Heaven. This, we can learn from.

Jesus says, "...learn from me; I am gentle and humble in heart...". At the center of who Jesus is is a spirit of gentleness and humbleness. I wonder if we might find some rest if we engaged in this world of heavy burdens and weary spirits, with gentleness and humbleness...hmmm...rest might show up.

As we learn from Jesus and we dedicate ourselves to caring for the poor, outcast, sick and vulnerable, we may be exhausted in our bodies, but...I'm thinking, our spirits may find rest.

As we learn from Jesus and seek intentional times with our Father in Heaven, with God, with the creator of the universe...rest may be waiting for us.

Siblings in Christ, let us go to Jesus, learn from him and find rest...rest that quiets our spirits and sends us into the world, gentle and humble, yoked to Jesus, for the sake of God's kingdom.

Go to Jesus...and rest.

Amen.