

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

1. Come to me

Our lives are so busy, that we're always on the go. Go. Go. Go. Go. Go.

Come means to move toward someone. Go means to move away.

What's important is to draw close to Jesus. In prayer ... in Scripture ... in the Sacraments ... in the Community of Faith ... in the Eucharist.

2. All you who labor and are burdened

This isn't a limited offer. Not just one, or two ... but all are called to come to Jesus. Not just those who meet a certain requirement, or qualification. All. Jesus is the ultimate equal-opportunity Savior.

3. And I will give you rest

There is an order here. We don't take rest when we want, we don't snatch up rest, we don't decide when to rest. The spiritual life is one of give and take. Our side is clearly outlined for us.

4. Take my yoke upon you and learn from me

The yoke isn't ours, it belongs to the Lord. And once we're yoked to Jesus, we need to move with him, next to him, and let him help us. Any fighting against the yoke just holds up the process of moving forward, and hurts us as much as it hurts the other person.

On our own, we have our own ideas of what we want to take up and run with. And when they aren't what God has planned for us, they aren't easy or light.

5. For I am meek and humble of heart

These words have lost their meaning in our language. Meekness and humility are words that imply weakness and powerlessness.

But the word for meek in the original language implies a harnessing of power. Great power. And it's not that this power is bottled up, but it is harnessed. Harnessed for a reason. Harnessed for service.

And humble. Humility can come about one of two ways. The first is to overstep your bounds and end up on your backside. That is, put in your place. The other way to be humble is to recognize your place and your boundaries, before the greatness of God and in light of the love of God.

6. You will find rest

Jesus says that he will give us rest. Rest means peace. Rest means balance. Rest in a Scriptural context means the rest of the Sabbath, the Jubilee, and eternity.

So, working backward: to find rest, we need to harness our power, with the yoke Jesus has made for all of us, through Jesus.

Let us pray that we can know our place in eternity, in the light of God's glory, face to face with Jesus; and find the rest that God has called us to in his presence.