



Restless?

How do you take a break from the daily grind, the rat race, work? Lie-ins, unhurried cups of coffee, weekend papers, sports, DIY, family time, a nice bath with candles and aromatherapy, bingeing on all sorts...

Despite so many more leisure activities, relaxation techniques and therapies available to us than at any other time in history, all too many of us still feel restless. Tired – physically, mentally, emotionally. Worn out by life. Instead of feeling full of life, we feel like life is slipping away from us.

If you can relate to any of that at all, Jesus has a wonderful invitation and promise to us:

**“Come to me,
all you who are weary and burdened,
and I will give you rest.”
(Matthew 11:28)**

People all over the world and in every age have found how true this promise from Jesus is. Going to Jesus, we’ve found that He’s not a God who lays more burdens on us, but who takes our burdens away from us and makes them His own, not least the heavy sense of guilt or weight of shame that we carry, and He nailed them to the cross and destroyed them forever. And this is of course why we celebrate Good Friday! (Do come and join us if you can.)

But you know, so much of our tiredness also comes from the confusion of not knowing how to live life, what life is about, who we are, who and what to live for. We try everything that comes along and promises us more life, more happiness, more contentment, but they all seem to just suck the life out of us.

But Jesus, the God who pours out His life for us, goes on to tell us more about how to rest in Him:

**“Take my yoke upon you and learn from me,
for I am gentle and humble in heart,
and you will find rest for your souls.
For my yoke is easy and my burden is light.”
(Matthew 11:29-30)**

Coming to Jesus is only Step 1 in finding rest. There are a couple more steps that we need to take towards rest for our souls, or true inner peace.

Step 2 is taking His yoke upon us – joining, tethering, tying ourselves to Jesus. Letting Him take the reins over us and directing our whole lives.

Step 3 is to learn from Jesus – to learn from Him all over again what to live for and how to live. Who and what we are meant to be. It'll also include a whole lot of *unlearning* so much of everything we had assumed were good and right before.

Jesus calls and will welcome us to Himself just as we are, with no conditions, no exceptions, no need to clean up our act first. But if we go no further, we will remain restless.

However, If we will take Steps 2 and 3, slowly but surely, the rest that Jesus promises, the only true rest there is, will come to us. Joy, peace, deeper knowledge of Him and His presence. And we can take Step 2 and 3, because Jesus will be with us each and every step of the way. After all, we are yoked to Him. And He is no harsh task master. He's a gentle and humble teacher who will teach by example, and without ridiculing or making us feel small. And He'll teach us the same lessons again and again and again, without getting fed up.

Of course Jesus' teachings are never purely theoretical. They are always practical, which means they are to be practiced and lived out. And as we do so, no matter how ridiculous it might seem to us at first, we'll find that life works. We'll discover the kind of people we were always designed to be, as we begin to live the life we were always designed to live. Life with Jesus. Life like Jesus'.

All that, is really what church is, what we at St. Paul's are about. All of us, without exception are still on L-plates, learning to live life with Jesus together, practicing with each other. And we hope you'll come and join us, even if it's just for a taster session or two!

<i>Four Meditations on Jesus from the Prophet Isaiah</i>	<i>Monday-Thursday 11-14 April 11am or 7pm</i>
<i>All-Age Drop-In Easter Workshop (with celebration at 12pm and egg-hunt at 12.30pm)</i>	<i>Good Friday 10am-3pm</i>
<i>All-Age Easter Sunday Service with Communion</i>	<i>Easter Sunday 11am</i>

Happy Good Friday & Happy Easter!