

Rest for my soul

Written by Kimberley Moodley

Matthew 11:28-30

"Come to me, all you who labour and are heavy laden, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls. For My yoke is easy and My burden is light."

Christ urges us in this passage of scripture to find rest in Him. This 'rest' can only be achieved by learning His ways which are lowly, gentle and humble. Considering the church/ city gatherings, rest is always associated with this type of environment. Wherever Christ is, there is rest, and He is always found in the gathering of believers. We should not neglect the gathering of the saints for it is in this place that we attain peace and rest.