

Published based on [The Unforced Rhythms of Grace](#)

The Unforced Rhythms of Grace

In this busy world in which we live, Jesus offers a beautiful gift - rest. In Matthew 11:28-30, we find these words of Jesus:

Come to Me, all you who labor and are heavy laden, and I will give you rest. 29 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. 30 For My yoke is easy and My burden is light." (NKJV)

I also want to include that section of Scripture from The Message:

"Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly." (The Message)

We all long for true rest, the kind that Adam and Eve had before their fall when they walked and talked with God easily and did the work that He directed them to do. Notice what Jesus said about true rest:

- If we want true rest, we must come to Jesus.
- His offer is for all who are tired, worn out, and burned out.
- Rest is a gift from Jesus.
- Rest and work are not opposites. Jesus invited us to take a yoke which is an instrument used to harness an animal's strength so it can be purposefully used for work.
- True rest is when we have rest in our souls. This rest comes from the deepest part of us and affects our mind, will, and emotions.
- Jesus is gentle and humble in heart. Again, notice this place of rest is a place of living from your heart.
- Jesus yoke is useful, gracious, not pressing or hard.

I love the way Eugene Peterson paraphrased this verse. *Learn the unforced rhythms of grace.*

Today my prayer is that we all learn to live in the unforced rhythms of the grace of Jesus. That is the place of true rest and satisfies our soul as nothing else can.

You can also find this article published on [The Unforced Rhythms of Grace](#), and on the tag pages [Grace](#), [Matthew 11](#), [Matthew 11:28-30](#), [rest](#).