

Luke 10:39 "She had a sister named Mary, which also sat at Jesus' feet and heard His word."

## "NEWSLETTER: "MOMENTS WITH MARY"

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## "REST FOR THE WEARY"

Matt.11:28-30 KJV "Come unto Me, all ye that labor and are heavy laden, and I will give you **rest**. Take My yoke upon you and learn of Me, for I am meek and lowly in heart, and ye shall find **rest** for your souls. For My yoke is easy and My burden is light."

2 Cor.12:9 NIV "But He said to me, "My grace is sufficient for you, for My power is made perfect in weakness." Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may **rest** on me."

In Matthew 11, the Greek word for **rest** has the following meanings that make this verse very interesting! Consider these: 1. Intermission from labor. 2. To refresh. 3. To rest upon someone or something. 4. Have peaceful communion with our Father. How needful!

In 2 Corinthians 12, the Greek word has a different connotation. The word **rest** here means "To spread a tent or cover over me." This depicts a **rest** of trusting or security because the LORD is watching over me! How wonderful!

This is a New Year and an opportunity for a New Start in life! With so many extreme situations occurring in our lives over the past year, we really do need a new beginning! We become weary emotionally and physically when we do not get proper rest. When that happens, it affects our spiritual walk with God also! No wonder, the LORD tells us to come to Him for **rest!** It is proper for us to have concerns over the issues that touch our lives, as that shows we care about ourselves and others! But! Be careful not to **worry** over areas we have no control over! Worry interferes with our effectiveness!

When our lives get out of balance, worrying will hinder our abilities to think and act correctly. We tend to question our faith in God for the endurance we need to face any hardships we all must go through at times in our lives. It is easy to get overwhelmed when we are worn out and do not seek the **rest** we need from God and His promises that it is available!

God Himself declared a Sabbath in which He **rested** from His own labors! When we look at Nature, we see a built in time or season of **rest!** Trees and plants that "look dead" are only dormant as they **rest** quietly gaining new resources need for new growth. Animals and crops have cycles of **rest** so they can bring forth more fruitfulness! God made man to **rest** also, but seems our days and nights are often so filled we fail to **pause and rest** that our bodies and minds could be renewed!

When you read the Psalms, you sometimes read the little word “selah” after some of the phrases. This word is considered to be a musical term, meaning to **pause or rest**, catch your breath, reflect on what was said, and then continue on with renewed vigor! What a message! If we applied this principle in our daily lives, we could enjoy a time of **rest!**

Christ instructs us to “Come unto Me.” He is telling us it is our responsibility to seek Him as soon as we get tired or weary! Many times we do exactly that and enjoy a time of refreshing! We need to be careful when things do not as quickly as we’d like, or we can become discouraged. God has a way to restore our energy, our confidence, and our visions! So much of what we do is not the labor God ordains, but requirements either we or others place on us! Unless we pause and rest and listen to His Voice, we may lose our ability to discern the differences! When we do come to Him and **rest** awhile, our minds and spirit will function better and we can say with confidence “No!” when it is appropriate!

Sometimes we are in “overload”, or “heavy laden” even with burdens from the LORD! We must remember, whatever He requires of us, He provides His yoke so we do not carry them alone! Sometimes people carry “false burdens” or heaviness that is not from the LORD! If it is His burden we are to carry, His yoke fits us perfectly so we share it together!

Jesus asks us to follow His example. He was meek and lowly and humble, totally dependant on His Father’s resources. The fruit of power rested on Christ. When we bow to Him, there is an inward work of grace that enables us to carry whatever He requires of us. He is our Peace, our Covering, and our Protector in our times of need!

No one is exempt from the trials and pain of life. The Word tells us they are common to all! In that case, why do we think it is so strange when ours hit us? “My yoke is easy!” A yoke was designed to fit perfectly so the heavy loads would be balanced and easier to carry or pull. When we depend on Him, He clears away our complacency and pride! He always has a purpose for the things He allows or sends into our lives. We do not always understand them or Him, but we can trust Him!

**May this New Year bring you the blessings of peace and rest as we look unto our LORD to help us each day!**

In His Service,  
Mary Mayko

