

Luke 10:39 KJV “She had a sister named Mary which also sat at Jesus feet and heard His word.”

## **NEWSLETTER: “MOMENTS WITH MARY”**

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### **“SWEET REST!”**

**Matt.11:28-30 LB “Come to Me and I will give you rest- all you who work so hard beneath a heavy yoke. Wear my yoke- for it fits perfectly- and let me teach you; for I am gentle and humble, and you shall find rest for your souls; for I give only light burdens.”**

**2 Cor.12:9 KJV “And he said unto me, “My grace is sufficient for thee: for my strength is made perfect in weakness. Most gladly therefore will I rather glory in my infirmities, that the power of Christ may rest upon me.”**

**Aaah, sweet rest! How we all need it! Rest gives us a fresh start when we are able to relax our minds, bodies and spirits awhile! Think about this! The rest in Matthew 11 means to have an “intermission from labor - to be refreshed - to have a peaceful communication from our Father!” Fantastic! Just look what a godly rest provides!**

**Our lives tend to get out of balance when we have worked too long without a break, or we had a bout with a prolonged illness. Worries can overwhelm us when we do not take time out to look realistically at the situations! We are to be concerned over the issues that we and our loved ones face, but when we “worry” without talking it over with our Father, it can become sin! Worry interferes with our effectiveness! It hinders our ability to think correctly or even the faith we need to endure our hardships!**

**God has promised sweet rest for those who come unto Him! Rest is a principle that God has provided for us and all of Nature. Flora has it dormant seasons to rest and regain their resources for new growth. These cycles bring forth bigger and better crops of fruit! God gave us days for work and nights for rest and sleep. Today, many people do not rest at night as they work all kinds of shifts! Some seldom get enough sleep and their bodies and minds get worn out physically and spiritually! Take a clue from God the Creator! He worked six days and on the seventh He rested! He gave us a pattern to follow! Are we wise enough to put it into practice?**

**We see the word *selah* in some of the Psalms after some phrases. It is said this word is a musical term meaning to pause or rest, to catch your breath, reflect on what was said and then continue on with renewed vigor! What a message! We can use this principle in our daily life!**

**“Come unto Me” is an invitation and instruction from Christ! He is telling us to seek His presence when we are tired and weary! He grants us freedom to come and**

**rest! The work of the enemy is to keep God's people too busy, too tired, too weary, to enjoy that sweet peaceful rest of the LORD! God has His own way of giving us restoration! He tells us to come unto Him and freely receive all His provisions!**

**So much of what we do is not ordained by our LORD, but requirements we place on ourselves or demands from others! When we stop and rest we are better able to discern what God wants from us and what is designed to just wear us out! When He places a burden on us, He never requires that we bear it alone! If we are yoked with Him, we are able to carry even the heaviest burdens.**

**2 Cor.12:9 God's grace is more than enough to see us through any trial or burden. When we feel weak, we look to Him to be our strength! Our infirmities are not designed to destroy us, but to help us see our need of His rest and help each day! Be careful of *false burdens* or carrying His burdens longer than necessary! If we are overwhelmed, we may not be able to tell the difference! Rest is God's gift to us! The choice of sharing His yoke is ours! Will we let Him help us with our heavy loads?**

**Jesus invites us to come and learn from Him! He shows us His example of being gentle and humble, relying on God's Fruit of power, depending on the Father's resources. In 2 Cor.12:9 the word *rest* means "The LORD is our covering!" When we must carry a burden, they always have a definite purpose and God's protection! We don't always understand them, but we can trust Him, and have a sweet rest and peace as we look to Him!**

**If you have questions, prayer requests or comments, I can be reached at the above address. Check our Inspirational Website: [www.momentwithmary.org](http://www.momentwithmary.org)**

**Blessings in Christ Mary Mayko**

### **"THE PLACE OF REST"**

**The place we love the very best, is in His arms of peace and rest.  
The Presence of God quiets our mind, wisdom and strength we find!**

**He has promised us His rest and peace when in Him we trust.  
He helps us with the load when we are yoked with Him on a hard road!**

**He grace brings a peace, rest and confidence we need to pass the test.  
His Presence will quiet our mind and renewal, strength and faith we find!**

**So "Come unto Me" to find peace in your trials so your joy will not cease.  
It is the place we love the best, in His Presence sweet peace and rest!**

**By Mary Mayko 1994**

