

DAY 08 | FINDING REST IN A BURDEN

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**“Finally, be strengthened by the Lord and by his vast strength.”
Ephesians 6:10**

Have you ever found yourself going through the day carrying something?
Maybe it’s been more than one day. Maybe it’s been a month—or even longer.

Even if you get time off, do you still not feel fully rested?
We carry burdens for many reasons: physical fatigue, grief, stress, unmet expectations, doubt in God’s plan or timing, and sometimes simply trying to overcome them in our own strength. Over time, these burdens can become overwhelming and even defeat us for a time.

But God has something different in store for us.
God wants us to take His yoke.
God wants us to learn from Him.
God wants us to rely on His power.
And God wants us to find rest in Him—even while carrying what He has called us to carry.

It may seem strange: **finding rest in a burden?**
But that’s exactly what Jesus tells us:

*Come to me, all of you who are weary and burdened, and I will give you rest.
Take my yoke upon you and learn from me, because I am lowly and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light. (Matt. 11:28–30)*

| Jesus doesn’t simply tell us to try harder or carry our burdens by ourselves. He invites us to come to Him.

So remember today: **if your burden feels heavy, find your rest in the Lord.**
Maybe it’s time to exchange your heavy burden for the lighter burden God has called you to carry.