

DAY 2



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## DAY 2 – PUT YOUR BURDENS ON GOD

### PREPARE

Quiet your heart and invite Jesus to carry the burdens that weigh you down.

### READ: MATTHEW 11:25–30

At that time Jesus said, “Father, Lord of heaven and earth! I thank you because you have shown to the unlearned what you have hidden from the wise and learned. Yes, Father, this was how you were pleased to have it happen.

“My Father has given me all things. No one knows the Son except the Father, and no one knows the Father except the Son and those to whom the Son chooses to reveal him.

“Come to me, all of you who are tired from carrying heavy loads, and I will give you rest. Take my yoke and put it on you, and learn from me, because I am gentle and humble in spirit; and you will find rest. For the yoke I will give you is easy, and the load I will put on you is light.”

### REFLECT

Weariness sets in when we act as though everything rests on our shoulders. Jesus breaks this cycle with a simple invitation: “Come to me, all of you who are tired from carrying heavy loads, and I will give you rest. Take my yoke and put it on you and learn from me, because I am gentle and humble in spirit; and you will find rest” (**Matthew 11:28–29**).

In Jesus’s day, a yoke linked two animals so they could pull the weight together. But Jesus isn’t just offering to help shoulder our load while we walk beside him. He offers true rest amid the busyness, disappointments, and distractions of our lives. This rest is not an escape from the heavy burdens we carry; it is a surrender—choosing his direction over our drive for control. Peter, one of Jesus’s closest disciples and a leader in the early church, echoes Jesus’s invitation: “Leave all your worries with him, because he cares for you” (**1 Peter 5:7**).

What burdens are you carrying today? When deadlines, health crises, fears, and hidden worries pile up, we can hand them to the one whose strength never fails. His care is personal, not distant; he knows each burden by name. He trades our anxiety for a peace the world cannot give (**John 14:27**).

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When you feel tempted to carry everything yourself, remember your Savior's invitation. Under Jesus's care, our hearts can finally find rest, and our steps grow lighter for the journey ahead.

#### **PRACTICE**

1. List five burdens you carry, then pray and hand each one to Jesus.
2. Practice a Scripture-inspired breath prayer today. As you inhale, pray: "I trust you" (**Isaiah 26:3**). As you exhale, pray: "You carry me" (**Isaiah 46:4**). Repeat this prayer when you find yourself feeling the weight of your burdens, and ask God to grant your heart rest.
3. Ask someone you trust to pray with and for you. As you feel comfortable, share the burdens you're carrying with them and ask how you can pray for them.

#### **PRAY**

Lord Jesus, I place my work, worries, and future in your hands. Trade my anxiety for your peace and teach me to rest in your strength. Amen.

