



## *Take Heart*

### *Day 3: Chorus*

So take heart  
Take a breath  
Let Me lift that heavy weight up off your chest  
Take My hand  
I know it's looking dark  
When the world falls all around you  
I won't let you fall apart

## *Scripture Reference*

“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.”

– *Matthew 11:28-30 (MSG)*



Our scripture references are usually out of the NIV translation, but there was just something too precious about the Message (MSG) translation for this passage to pass by today. It speaks so perfectly to our chorus. Let's start with some questions... Are you tired? Worn out? Burned out on religion?

*Do any of those questions resonate with you today? Take a moment to answer it in the presence of the Holy Spirit. Be honest and candid - nothing is too big for Him. Pour it out to Him and then take a breath.*

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Jesus invites us to come to Him when we're weary and need rest. We can get away with Him and find new, refreshed life. With Him, we can take a breath. He offers us His hand. He lifts the heavy weights off our chest. Even if the world around us seems to be falling apart, He gives us real rest. He won't let us fall apart. Take heart, for Jesus has overcome the world and offers you true peace.

*Referring back to your above answers, how do those challenges make you feel as if you're falling apart? Have you turned to Jesus before today? If not, reach out for His hand - He so freely offers it to you any time and any day. Feel the weight lift off your chest. Feel the Holy Spirit fill you with a peace that surpasses all understanding.*

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Not only is Jesus there when we're worn out, He offers to teach us how to live better. We can walk with Him and learn from Him. We can learn the unforced rhythms of grace. Take heart, Jesus offers to walk with you and teach you more of His ways. The NIV version tells us He is gentle and humble in heart. In Christ, we can find refreshment, freedom from guilt, and ever-present help.

*Do you view your relationship with Jesus as a chance to learn from Him? In what ways are you growing as a person because of your relationship with Jesus? How have you started to take on his gentleness and humility?*

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Why do we want to be more like Jesus? Because his yoke is easy and His burden is light. The Bible does not say we'll get a free and smooth ride. As we've already said, we'll still face troubles, but Jesus offers to be there with us and to help us carry those troubles. When times seem dark...when the world is falling apart...He will help keep us together. We can find rest and restoration in Him.

*What does it mean to you that Jesus will help carry your burdens? How have you seen Him do this in your life already? Do you feel as if you're currently living "freely and lightly?" End today in prayer asking the Holy Spirit to help you turn to Him for rest and restoration in your times of trouble. Ask Him to teach you His ways.*

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