

COME TO ME ALL WHO  
ARE WEARY AND  
BURDENED AND I WILL  
GIVE YOU REST.

MATTHEW 11:28



# Rest for the Weary

*A Word for a Burdened People*

6TH SUNDAY AFTER PENTECOST

JULY 5, 2026

By Rev. Len Ripley

“Come to me, all you who are weary and are carrying heavy burdens, and I will give you rest.”

MATTHEW 11:28



## WHEN WE GROW WEARY

We grow weary when we try to control how God should act, when we insist on our own terms, when we carry the pressure of being right, strong, or perfect. It is an exhaustion not of wrongdoing, but of trying so hard to do right.



## GOD'S WISDOM LOOKS DIFFERENT

Jesus thanks the Father for revealing truth not to the powerful or the clever, but to “infants”—to those who are open, humble, and willing to receive. Divine wisdom comes not through achievement but through trust. God is not far off; God is startlingly accessible.



## WHAT JESUS MEANS BY REST

When Jesus says, “I will give you rest,” he is not offering a spiritual spa day. Rest, in Scripture, is belonging. It is the deep peace of knowing you do not carry the world alone.



## CARRYING THE RIGHT BURDEN

A yoke is a work instrument. Jesus is not inviting us to do nothing; he is inviting us to learn how to carry what truly matters. He removes the crushing weight of performance, perfection, and proving our worth. His yoke is grace—and grace is light because Christ carries it with us.



## BURDENS WE KNOW ON EDISTO

Here on Edisto Island, we know the weight carried by caregivers, by workers who labor long hours, by parents/grandparents raising children in a complicated world, by neighbors who struggle quietly. We know the burdens carried by those who serve—because this church serves deeply.

But we also know the beauty of shared burdens. We know what it means to show up for one another, to offer a cup of cold water, to be a community where rest is not a luxury but a gift we give each other. Jesus' invitation is not only personal; it is communal. He is forming a people who embody grace.



## LEARN FROM ME

Jesus says, “Learn from me, for I am gentle and humble in heart.” Gentleness is not weakness. Humility is not passivity. They are the posture of a Savior who bends low to lift us up.

There once was a man who said, “I'm not tired of life—I'm tired in life.” That is the weariness Jesus speaks to. And to that weariness, he offers rest, renewal, and a new way of living.



Jesus does not ask us to arrive polished or impressive. He simply asks us to come.

Grace is light because Christ carries it with us.

You will find rest for your souls.



## THIS WEEK'S SCRIPTURE

Matthew 11:16–19, 25–30

## KEY THEME

Rest

## TAKEAWAY

Jesus doesn't remove every burden. He helps us carry what truly matters.



## PRAYER

Lord, teach me to exchange striving for Your grace.



## AT THE LORD'S TABLE

When we receive Holy Communion, Jesus' invitation becomes tangible. At the table, Christ does not ask us to impress him. He does not ask us to pretend we are not weary. He simply asks us to come. The bread is his body—broken for the burdens we carry. The cup is his blood—poured out for the sins we cannot fix. The table is his welcome—open to all who hunger for grace. Here, Christ gives rest. Here, Christ gives strength. Here, Christ gives himself.

## COME

So come, all who are weary. Come, all who carry heavy burdens. Come, all who long for rest.

For Jesus says: “My yoke is easy, and my burden is light.”  
And he promises: “You will find rest for your souls.”

## You Are Invited

If you're carrying heavy burdens...  
If you're searching for peace...  
If you're longing for rest...

Join us this Sunday.



EDISTO ISLAND  
UNITED METHODIST CHURCH

SUNDAY WORSHIP • 10:00 AM

ALL ARE WELCOME