

The Holy Spirit is Our Rest

Key Verse: Matthew 11:28 *"Come unto me, all ye that labour and are heavy laden, and I will give you rest."*

As we gather to reflect on the profound act of Jesus washing the feet of His disciples, let us explore what this act signifies in our lives. In this gesture of humility, we find a powerful expression of grace and rest. Where in the body is tiredness most detectable? It is in the feet—our feet carry the weight of our weariness. After a long day, there's nothing quite like a foot massage to rejuvenate us. Now, imagine the Creator of the universe bending down to wash your tired feet with His own hands. This God, who formed us with His own hands, willingly condescends to serve us in our state of weariness (John 13:5). Jesus' invitation in Matthew 11:28 is a compassionate call to all those who are burdened by the stresses of life. "Come unto me, all ye that labour and are heavy laden, and I will give you rest." In a world filled with anxiety and turmoil, we must recognize that only the God who created us can truly provide the rest our souls long for. The Holy Spirit, often referred to as our Comforter, plays a vital role in leading us to this rest.

Let us return to the beginning, where we find the concept of rest introduced by God Himself. Genesis 2:2-3 reveals, "And on the seventh day God ended his work which he had made; and he rested on the seventh day from all his work which he had made. And God blessed the seventh day, and sanctified it." This day was set apart, not because God was weary, but to establish a principle: that rest is essential. It symbolizes a time of reflection, harmony, and communion with God. The seventh day, the Sabbath, was a day designated for rest because it marked the completion of God's creative work. Everyone and everything God made was in harmony with his will. In this perfect harmony, Adam and Eve walked with God, experiencing His presence in all its fullness. However, as a result of sin, this divine rest was disrupted. When God said, "My Father worketh hitherto, and I work" (John 5:17), it signified that the unbroken fellowship and rest that once existed had been fractured. It is sin and the weight of our burdens that cancel the rest we so desperately need.

Humility and rest go hand in hand. Abraham, a humble servant of God, invited the Lord to rest in his tent as he pleaded for the city of Sodom (Genesis 18:3-4). The Lord consented to his request, demonstrating that there is rest in humility. Those who exhibit

genuine humility are approachable and provide refuge to the weary. In Numbers 12:3, we read that "the man Moses was very meek, above all the men which were upon the face of the earth." God used Moses to lead over two million people from the bondage of slavery into the promised land; this was a journey marked by resting in God's presence. When we seek out those who are humble, we discover rest. Ultimately, we should come to Jesus—the epitome of humility and service. Jesus Himself said, "Learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls" (Matthew 11:29). The invitation is clear: when we approach Jesus with our burdens, we encounter a Savior who desires to wash our feet, to cleanse us from our weariness.

Consider the scene in the upper room where Jesus kneels to wash the disciples' feet. Peter, a passionate but stressed individual, reacts with disbelief. "Lord, dost thou wash my feet?" (John 13:6). His stress stems from his inability to comprehend that this act of service is meant to provide rest and reassurance. When Jesus responds, "If I wash thee not, thou hast no part with me" (John 13:8), He emphasizes that receiving this cleansing is critical. As we reflect on this moment, we must ask ourselves: *Do we give Jesus rest, or do we contribute to His stress?* The earth is His footstool (Isaiah 66:1); do we honor His presence by washing His feet through acts of worship and humility, or are we so caught up in the cares of this life that we neglect to acknowledge Him? Matthew 13:22 warns us about the cares of this world choking the Word, rendering it unfruitful. Are we too consumed by the weight of our worries that we ignore the One who can relieve us of our burdens?

Ultimately, the indwelling of the Holy Spirit is the greatest source of rest and assurance. Ephesians 5:18 exhorts us to be filled with the Spirit, reflecting that when we align with the Holy Spirit, we return to the state of rest meant for humanity. In this fullness, we reenter into God's intended seventh day of rest—a state of spiritual renewal and blessing. The Holy Spirit becomes our ultimate comforter, guiding us into a deeper relationship with Christ, and filling us with peace that transcends understanding (Philippians 4:7). To be filled with the Spirit of Christ is to embody the essence of the seventh day, where burdens are lifted, and we find our purpose in Him. The act of washing our feet serves as a reminder that Jesus desires not just our cleanliness but our willingness to submit to His divine care. We should see that when we allow Jesus to serve us in such a humble and intimate way, we are also equipped to share that same grace with others.

Picture how life-changing it is to sit at the feet of Jesus, allowing Him to cleanse us from our weariness and burdens. The hands that made us lovingly embrace our tiredness, reminding us that He understands our struggles. Hebrews 4:15-16 reassures us of our high priest, stating, "For we have not an high priest which cannot be touched with the feeling of our infirmities; but was in all points tempted like as we are, yet without sin. Let us therefore come boldly unto the throne of grace, that we may obtain mercy, and find grace to help in time of need." In this comforting truth, we see a God who knows our trials and invites us to find rest in His presence.

As we conclude, let us reflect on the significance of Jesus washing our feet and the opportunity it gives us to experience true rest. May we leave today with the commitment to embrace His invitation to come and find rest, not only for ourselves but also to extend that rest to others who are weary and burdened. In the embrace of the Holy Spirit, let us experience the peace and rest that Jesus promises. As we walk this journey of faith, let our lives become living testimonies of the Holy Spirit's rest, embodying His humility and love for those around us. Ultimately, the Holy Spirit is our rest, guiding us back to the seventh day, where God blesses and sanctifies us. Let us follow the path that leads us to His restful presence. Amen.