

## Jesus, the True Refuge

### Scripture Reading — Matthew 11:28-30

*“Come to me, all you who are weary and burdened, and I will give you rest.”*  
*Matthew 11:28 —*

Life is not a summer camp but a battlefield full of struggles.

In this long and hard journey, you may be distressed and tired. Maybe you are groaning under the weight of a virtual steamroller of anguish, and you just do not know what to do.

Jesus says, “Do not despair; come to me.”

He is your refuge, and he invites you to a refreshing time of trust and fellowship.

He can relieve you of that heavy burden, remove grief from your heart, and heal your wounds.

He invites you to share a personal experience: “Come to me, all you who are weary and burdened, and I will give you rest.”

Jesus’ command is for you: “Take my yoke upon you and learn from me.” To do this requires a commitment to submit and learn.

Jesus even repeats his promise to you: not only does he say, “I will give you rest,” but he also says, “You will find rest” for your soul.

Do not walk hunched over under the weight of despair. Turn to Jesus, because he has the power to relieve you of your burdens and carry you in his omnipotent arms.

Always remember that the Son of God is our only true refuge.

### Prayer

*Lord God, I need to be healed by you. I admit that I have looked for other ways to satisfy my heart, but without success. Only you are the true refuge. In your name, Amen.*

**Devotion topics:** [God](#), [Jesus](#), [God's Names](#)

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Written by Hernandes Lopes — <https://today.reframemedia.com/authors/hernandes-lopes>

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