

An Open Invitation

*“Come unto me all you who are weary and burdened
and I will give you rest. Take my yoke upon you and
learn from me for I am gentle and humble in heart,
and you will find rest for your souls.
For my yoke is easy and my burden is light.”*

Matthew 11:28-30

What do you do when you are hungry? Do you just ignore it? What do you do if you are really thirsty? Do you go get a drink or do you just forget about it? I'm pretty sure that when these two physical urges start to gnaw at you, you do something about it. What about your soul? What do you do when you are weary of heart? What do you do when you are overburdened with trials, or someone you care about is in trouble? What do you do when you are afraid or lonely? What do you do when there are pressures in your life that are overwhelming? Jesus calls us to nourish these needs the same way we would nourish physical needs.

Mary Lou is a great cook. Hey, that's one of the reasons why I married her. Man, did I ever strike it rich when I married her! That girl can cook. And I like to eat. Mary Lou is a traditional gal and almost every night we sit down to a home cooked meal. Yummmm. Around five PM my mind starts to think about what she might be making tonight. My tummy starts to think, too. Why, I can almost smell the savory meal that's being cooked before I get home.

Hey, did you know that Jesus has a table prepared for you? Why sure he does. David said, "You prepare the table before me in the presence of my enemies" (Psalm 23:5). Who is your enemy - sickness, a bully, worry and fear, pain, sorrow, anger or depression? Hey, don't ignore the nudge from within. Go to the table. There is an open invite. Come to Jesus and let him feed your soul. He has the right spiritual food all prepared for you so that you will find rest. Can you smell it? Can you feel it?

Jesus said, "I confer on you a Kingdom, just as my Father conferred one on me, so that you may eat and drink at my table in my Kingdom..."(Matthew 22:29-30a). Jesus is the bread of life. He said that whoever comes to him will never go hungry and whoever believes in him will never be thirsty (John 6: 35). The bread he gives will satisfy your inner man. The drink he gives quenches even the driest soul.

If you are a runner you know that if you don't drink when you are in a long race you're done. Those of you who work very physical jobs know that if you don't eat a good lunch you are going to be very weak by the end of the day. We are in a race. We are on a journey and we need nourishment for our souls. We have to have spiritual food. And just as the Lord provided manna for the desert wanderers in Moses' day, he will provide supernatural food for your heart. But...we have to come to him. Why is it so easy to recognize our physical needs yet either ignore or overlook our spiritual cravings? Hey, let's make 2009 a year where we feed our soul on the riches of fare. Jesus will cook up the best souls-food you ever tasted. Come, taste and see that the Lord is good! Yummmm.