

WEEK 5 – COME TO ME

Anchor Text: Matthew 11:28–30

This week explores love becoming personal in Jesus. Jesus is gentle enough for our shame, strong enough for our bondage, and good enough for us to come near.

WEEK 5 DAY 1 — Rest Has a Voice

Scripture

Matthew 11:28–30

Reflection

Many people think rest is found in a slower schedule, fewer responsibilities, or time away from everything demanding their attention.

Those things can help, but Jesus speaks about rest differently. He does not merely offer a principle. He offers Himself.

“Come to Me.”

Those words are deeply personal. Jesus does not say, “Come to better time management,” or “Come to stronger discipline,” or “Come to a heavier religious system.” He says, “Come to Me.”

The exhausted do not merely need better strategies. We need the presence of Someone good enough to carry our burdens with us.

The world often says, “Do more. Prove more. Carry more. Become more.” Jesus says, “Come closer.”

This is why His invitation matters so deeply. Rest is not first a schedule, a doctrine, or even a day. Rest is found in the presence of Christ. The One who created from love now calls weary humanity back to Himself in love.

Jesus embodies the rest He offers.

Sit With This

What burden do you need to bring honestly to Jesus today?

Prayer

Jesus, thank You for inviting weary people to come near. Help me stop carrying burdens alone. Teach me to believe that rest is found not merely in changed circumstances, but in Your presence. Amen.

Practice

Spend a few quiet moments naming your burdens to Jesus without trying to fix them first.

WEEK 5 DAY 2 — Gentle With Shame

Scripture

John 8:1-11

Reflection

The woman brought before Jesus had been exposed, accused, and publicly shamed.

The people around her did not see a person to restore. They saw a case to argue, a trap to set, and a sinner to condemn. She stood before them with no defense and no dignity left in their eyes.

But Jesus was different.

He did not minimize sin, but neither did He allow shame to have the final word. He protected her from the violence of religious pride. He interrupted condemnation. He gave her space to breathe again.

Then He spoke words that held both mercy and transformation: “Neither do I condemn you. Go now and leave your life of sin.”

That is the gentleness of Jesus.

His gentleness does not pretend brokenness is harmless. His gentleness moves toward brokenness with goodness, authority, and love.

Many people stay away from God because they fear being crushed by shame. But Jesus reveals the heart of God. He is not careless with sin, and He is not cruel with sinners.

He is gentle enough for our shame.

Sit With This

Where do you still carry shame that Jesus is inviting you to bring into His presence?

Prayer

Jesus, thank You that You do not crush the ashamed. Help me receive Your mercy and hear Your invitation into a new life. Let Your gentleness heal the places shame has wounded me. Amen.

Practice

When shame speaks today, answer it with Jesus’ words: “Neither do I condemn you.”

WEEK 5 DAY 3 — Gentle With Hidden Pain

Scripture

Mark 5:25–34

Reflection

For twelve years, this woman had suffered.

Twelve years of bleeding. Twelve years of doctors. Twelve years of disappointment. Twelve years of isolation. Twelve years of being known by her condition instead of her name.

Then she heard about Jesus.

She came from behind in the crowd, reached for His garment, and hoped to remain unnoticed. Maybe she was too tired to explain. Maybe she was afraid of rejection. Maybe after so many years of pain, hiddenness felt safer than attention.

But Jesus stopped.

He did not stop to embarrass her. He stopped to restore her fully. Healing had already touched her body, but Jesus wanted more than physical healing. He wanted her to know she was seen, loved, and welcomed. So He called her “daughter.”

That one word restored dignity. Jesus noticed the person behind the pain. He still does.

Some wounds are visible. Others are carried quietly for years. But the gentleness of Jesus reaches hidden suffering. He is not too hurried to stop, not too important to notice, and not too distant to care.

Sit With This

What hidden pain have you learned to carry quietly?

Prayer

Jesus, thank You for seeing what others may never notice. Thank You for caring about pain I struggle to explain. Help me trust that You are gentle with hidden wounds. Amen.

Practice

Take a few minutes today to bring a hidden burden to Jesus. Imagine Him stopping, noticing, and calling you beloved.

WEEK 5 DAY 4 — Strong Enough for Bondage

Scripture

Mark 5:1–20

Reflection

The man in the graveyard had been pushed outside normal life.

People feared him. They restrained him. They avoided him. He lived among tombs, isolated and tormented. To the town, he may have seemed like a problem to control rather than a person to restore.

But Jesus crossed the water and came to him. That detail matters.

Jesus moved toward the place others avoided. He came with authority strong enough to confront the evil destroying this man and with compassion tender enough to restore his dignity.

When the town later came, they found the man “sitting there, dressed and in his right mind.” What a picture of rest.

A life once tormented was now settled. A man once naked and alone was now clothed and restored. Someone who had been trapped in chaos was now sitting peacefully in the presence of Jesus.

Jesus is not tame. He is not weak. His gentleness does not mean He avoids darkness. It means He enters broken places with goodness, authority, and love. He is strong enough for our bondage.

Sit With This

Where do you need Jesus' authority and compassion to bring freedom?

Prayer

Lord Jesus, thank You for moving toward the places others avoid. Bring freedom to the areas of my life where I feel trapped, afraid, or overwhelmed. Restore me to peace in Your presence. Amen.

Practice

Pray specifically today for Jesus to bring freedom to one area of bondage, fear, or repeated struggle.

WEEK 5 DAY 5 — Learning His Pace

Scripture

Matthew 11:28–30; Mark 6:30–32

Reflection

Jesus invited weary people to come to Him, and He invited tired disciples to come away and rest. He understands human limits.

That alone is comforting. The Son of God did not treat exhaustion as failure. He did not shame His disciples for needing rest. He called them away from the crowds because He knew they needed time with Him.

This is the pace of Jesus.

He worked with purpose, but He was not ruled by hurry. He responded to need, but He remained rooted in communion with the Father. He carried divine authority, yet He welcomed interruptions from hurting people. He was never careless, but He was never frantic.

When Jesus says His yoke is easy and His burden is light, He is inviting us into a different way of walking through life.
Not without responsibility.
Not without sacrifice.
Not without obedience.

But with Him.

Rest comes as we learn His pace, trust His heart, and stay near His presence. Jesus is gentle enough for our shame, strong enough for our bondage, and good enough for us to come near.

Sit With This

What would it look like for you to walk at the pace of Jesus instead of the pace of pressure?

Prayer

Jesus, teach me Your pace. Help me come away from the noise and return to Your presence. Shape my life around Your gentleness, goodness, authority, and love. Amen.

Practice

Create one small moment of margin today. Use it not to catch up, but to come near to Jesus.