

GOSPEL PEARLS

Jesus' embrace

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Jesus said, 'Come to me, all you who labour and are overburdened, and I will give you rest. Shoulder my yoke and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. Yes, my yoke is easy and my burden light.' (Matthew 11,28-30)

Wellness centers, spa treatments, massages are not useful. It is only by going to the Lord we find the refreshment we seek. Jesus is the true shepherd and His heart is a meek and humble. The secret we need to discover is to rely on Him. No anxiety will be able to take us away from the love of Christ; no affliction disturb our inner peace. What does your heart say? Are you troubled or in the peace of Christ?