

FOR THOSE WORN OUT AND TIRED

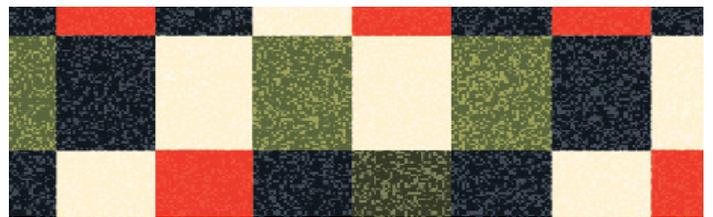
12•17•2025 MATTHEW 11:28

In January of 2024, I found myself struggling to get out of bed. No matter how much sleep I got, it was never enough. I didn't want to eat, go outside, be with friends, or do anything besides sit in my apartment and cry. I later went to my doctor and counselor and learned that I was struggling with depression and anxiety, and felt crippled by an inability to feel the love of Christ. At that moment, the words of Jesus in Matthew 11:28-30 met me very personally. Here, Jesus calls those who are tired and worn out to come to him, to recover the life they have lost through real rest and unforced rhythms of grace. If you or someone you know feels this way, know that anxiety and depression don't have to hold you back from Jesus, and in fact, you can be met more personally than you have ever imagined.

For those who are tired and worn out, few people capture what it looks like to go to Jesus with those struggles like King David. A man after God's own heart, he openly and faithfully pursued the Lord amidst the depression and anxiety he experienced in his life. In Psalms 31 and 102, David finds himself wondering where the Lord is in his day of distress. David accuses the Lord of hiding his face from him, and writes about his lack of appetite, issues with sleep, and the tears he can't stop shedding in his loneliness. He talks about a grief that causes his body to wear out, and talks about the anxiety and terror that come at him from every side.

But what makes these psalms beautiful is that David doesn't stop there! The second half of Psalm 102 provides a beautiful reminder in the midst of his depression: "But you, O LORD, are enthroned forever . . . he regards the prayer of the destitute and does not despise their prayer" (Psalm 102:12,17). Psalm 31:1-5 provides a similar reminder to those struggling with anxiety: "In you, O LORD, do I take refuge . . . be a rock of refuge for me, a strong fortress to save me! . . . Into your hand I commit my spirit; you have redeemed me, O LORD, faithful God."

Beloved, are depression and anxiety holding you back from seeing the goodness of Jesus? If so, Jesus is inviting you to a life you might have forgotten exists. One that is full of rest and grace, where you can be motivated to live with Jesus and reflect the fruits of the Spirit to those around you. What you need to do is be honest with him and those around you and meditate on his living Word, and this free and light life that seems far gone can be recovered with him.



PRAYER

Lord, I am tired and worn out. The things that sustain me like sleep, community, peace, and even eating don't come easily to me right now. But Lord, you are still on the throne of heaven in all of this. I know you hear my cry and don't despise it, so hear this cry for restoration now. Restore the desire to engage in my life again, and help me enjoy you everyday more than the last. Be my rock of refuge and redeem my spirit Lord, for only you can. Amen.



BY CALEB SKLENA
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