

Sunday, 3rd May 2026

“REST FOR THE WEARY SOUL: CHRIST OUR SABBATH AND OUR LIFE”

My Dearest Christian Family,
My heart is filled with deep joy and gratitude to see so many of you responding so warmly to our Sunday reflections. It is especially precious to hear that ‘weary souls’ have been gently soothed—refreshed by the healing balm of the Word and uplifted through the songs that accompanied the message.

What is a weary soul?

The Bible represents weariness of the soul as

a state of deep spiritual, emotional, physical exhaustion, characterized by discouragement, heaviness, or apathy caused by life's trials and burdens.

It is a profound spiritual fatigue that persists that no rest can restore.

This "tired and weary" condition goes deeper than physical fatigue, affecting the spirit and heart.

It involve feelings of being defeated, hopelessness, and losing the motivation and joy to persevere in faith.

This weariness is apparently bearing too heavy a load, battling much trials and

troubles and battling sin that lead their passion for God to diminish or grow cold

A “weary soul,” is weary of the fight with the world, the enemy, and the flesh. The weary soul is often downcast and emaciated.

My Dearest Christian Family,
There is a kind of tiredness that sleep cannot cure.

It is not the weariness of the body—but truly it is indeed the weariness of the soul.

A soul that has fought long battles.
A soul burdened by sin, by sorrow, by disappointments, by the relentless

weight of living in a fallen world since the day Adam fell in the garden.

The Scripture speaks honestly of this condition:

“Why are you cast down, O my soul?
And why are you disquieted within me?”
Psalm 42:11

This is not the cry of the weak—it is the cry of the honest.

I. THE UNIVERSAL WEARINESS OF THE FALLEN SOUL

From the moment of the Fall, humanity entered into toil, sorrow, and unrest.

God said to Adam:

“In toil you shall eat of it all the days of your life.” Genesis 3:17

Since then, every human heart knows this deep exhaustion:

- Weariness from sin
- Weariness from striving
- Weariness from trying to find meaning under the sun

Even the strongest grow faint.

“Even youths shall faint and be weary...”

— Isaiah 40:30

The soul becomes:

- Downcast
- Discouraged

- Spiritually dry
- Tempted to give up

There is a weariness that drops into the heart, where even prayer feels heavy and joy seems distant.

II. THE CRY OF THE OLD TESTAMENT: A LONGING FOR REST

Throughout the Old Testament, there is a holy longing—a cry for restoration.

David, the sweet psalmist, declares:
“He restores my soul.” — Psalm 23:3

Jeremiah prophesies:
“I will satisfy the weary soul, and every

languishing soul I will replenish.” —
Jeremiah 31:25

Isaiah gives hope to the faint:
“He gives power to the weak... those
who wait upon the Lord shall renew
their strength.” — Isaiah 40:29–31

Yet all these promises pointed forward—
to something greater...
To Someone greater.

They pointed to the coming of the Last
Adam—our beloved Lord Jesus Christ

III. CHRIST THE LAST ADAM: THE RESTORER OF WEARY SOULS

Where the first Adam brought ruin, our beloved Christ brings restoration.

The Apostle Paul calls Him the Last Adam
1 Corinthians 15:45

He came not merely to improve us—but to redeem, restore, and give rest to our souls.

And hear His tender invitation:

“Come to Me, all you who labor and are heavy laden, and I will give you rest.”

Matthew 11:28

This is not a suggestion.

This is a divine summons from the Savior of the world.

Notice:

- He does not say, fix yourself first
- He does not say, be stronger
- He says, “Come.”

IV. CHRIST OUR SABBATH REST

Our beloved Christ is not only the giver of rest—

He Himself is our Rest.

The Sabbath in the Old Testament was only a shadow.

The substance is Christ.

“There remains therefore a rest for the people of God.” — Hebrews 4:9

That rest is not found in a day—
It is found in a Person.

When you come to Christ:

- Your striving ends
- Your guilt is lifted
- Your soul finds peace with God

“You will find rest for your souls.” —
Matthew 11:29

This is deep soul rest:

- Rest from trying to earn righteousness
- Rest from the burden of sin
- Rest from the fear of condemnation

V. THE PATH OF DAILY REST: WALKING WITH CHRIST

But this rest is not passive—it is relational.

Lord Jesus says:

“Take My yoke upon you... and learn from Me.” Matthew 11:29

This is the secret:

- Walk with Him
- Feed on His Word
- Obey Him joyfully

When we:

- Feast on His words
- Submit willingly to His commands
- Walk daily in fellowship with Him.

Something glorious happens:

Our soul begins to see differently.

We begin:

- To see the beauty of Christ
- To see the world through His eyes
- To discern wisdom in His works

Even in a fallen world...

We learn:

- To labor with joy, not toil
- To endure with hope, not despair

VI. RENEWAL IN THE MIDST OF WEARINESS

Our life in Christ does not remove all burdens—

But it transforms how we carry them.

“Though our outward man is perishing, yet the inward man is being renewed day by day.” — 2 Corinthians 4:16

Even when:

- Our bodies are tired
- Our hearts are heavy
- Our paths are difficult

Every soul can be renewed.

And Scripture exhorts us:

“Let us not grow weary in doing good...”

Galatians 6:9

Why?

Because our labor in Christ is never in vain.

VII. THE TRIUMPH OF THE RESTORED SOUL

This is not the end of the story.

There is coming a day...
When the weariness will be gone
forever.

When we shall see God face to face.

When our faith becomes sight.

When our weak love is swallowed up in
perfect love.

When our flickering joy becomes infinite
joy.

When our limited faith becomes
immeasurable faith in the presence of
the Trinity.

“They shall run and not be weary... they shall walk and not faint.” — Isaiah 40:31

And in glorified bodies, we shall rejoice forever in Him.

VIII. A CALL TO THE WEARY

So I ask you, dearest soul this day—
Are you weary?

- Weary of striving?
- Weary of fighting sin?
- Weary of life’s burdens?

Then hear the voice of our beloved
Christ again:

“Come to Me...”

Come not tomorrow.

Come not when you feel worthy.

Come now!

Lay your burdens at His feet.

Trust in His finished work.

Rest in His righteousness.

IX. REJOICE IN THE GOODNESS OF GOD

And as we walk with Him, day by day,
step by step, learn to rejoice—even now.

For the promise stands:

“All things work together for good to
those who love God.”

Romans 8:28

Even our weariness...
Even our trials...
Even our struggles...
Are being woven by the sovereign hand
of God for your good and His glory.

CONCLUSION:

SING, O RESTORED SOUL

Lift up our eyes.

We are not abandoned.

We are not forgotten.

We are not without hope.

We are so well loved!

In our beloved Lord Jesus Christ:

- Our soul is restored
- Our burden is lifted
- Our rest is secured

So.

Let us sing.

Let us Rejoice.

Let us trust in the goodness and
holiness of our beloved Triune God.

Let us walk the narrow path
Not in despair...
But in joyful rest.

For: Our beloved Lord Jesus restores our soul.

“He restores my soul.” Psalm 23:3

Much love,
Francis