

Cease Striving

Matthew 11:28-30

Matthew 11:28-30 (NASB)

²⁸ “Come to Me, all who are weary and heavy-laden, and I will give you rest.”

²⁹ “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.”

³⁰ “For My yoke is easy and My burden is light.”

We have all experienced temptations, trials, and suffering at some point in our lives. Even as Christians—and sometimes specifically because we are Christians—we must endure pain, whether through loss, bankruptcy, unemployment, or a broken relationship. While no one is immune to hard times, believers are empowered through the Holy Spirit to endure periods of struggle. [Psalm 46:10](#) says, “Cease striving and know that I am God.” The King James Version uses the expression “be still,” indicating that our best response to disappointment is to trust in the heavenly Father.

Psalm 46:10 (NASB)

¹⁰ “Cease *striving* and know that I am God; I will be exalted among the nations, I will be exalted in the earth.”

How humbling it is to know that as God’s children, we have a direct line of communication to our Father, even in the midst of trouble. We don’t have to respond like the world, out of a heart filled with anger, depression, or revenge. Nor do we have to fix everything in our own strength. Sure, we will still be tempted by the flesh. But as we “cease striving,” we’ll learn to trust in God more and more each day.

The truth is, hardship not only *forms* our character but also reveals it. One common response to difficult times is anger. In moments of frustration, we run the risk of making impulsive decisions that could impact the rest of our life. But instead of getting caught up in the emotion, we should wisely be still and trust in the One who can work everything for our good ([Romans 8:28](#)).

Romans 8:28 (NASB)

²⁸ “And we know that God causes all things to work together for good to those who love God, to those who are called according to *His* purpose.”

In this world, troubles won’t vanish ([John 16:33](#)). But when storms are brewing on the horizon, buckle up and trust God to guide you through. Only in Him can you truly cease striving.

John 16:33 (NASB)

³³ “These things I have spoken to you, so that in Me you may have peace. In the world you have tribulation, but take courage; I have overcome the world.”