True Rest is Found in Jesus

St Augustine was born into a comfortable Roman family in modern day Algeria in AD 354. He was brilliant, highly educated and one of the finest public speakers in the Roman Empire. He enjoyed success, popularity, wealth, relationships and every experience life could offer.

From the outside, he had everything.

Yet inside, he was restless.

Augustine encountered Jesus Christ, and his life was transformed.

In his *Confessions*, he wrote one of the most famous lines in Christian history:

"You have made us for yourself, O Lord, and our hearts are restless until they rest in you."

As many of our children and families begin the summer holidays, we're all looking forward to a well-earned rest. Holidays matter. Time with family matters. Rest for our minds and bodies matters.

But today's Gospel asks a deeper question.

Not simply, "How will you find ways to rest?"

But "Who gives you your rest?"

Our hearts are restless until they rest in God.

God gives three kinds of rest:

- Rest from sin

- Rest with Jesus
- Rest for others

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1. Rest from sin

Jesus says: "Let both [seed and weed] grow together until the harvest." *(Matthew 13:30)*

The bad news is that every one of us bears the effects of Original Sin. We are drawn towards sin and, at times, powerless to overcome it.

The Good News is that Jesus has defeated sin.

Perhaps you've prayed for years about the same sin. You've been to confession again and again, yet the struggle remains. Why?

Maybe Jesus is teaching you that your salvation depends not on your strength, but on his grace.

Go to confession— for forgiveness, and to surrender.

Jesus is at work in you now.

One day, he will pull up every weed forever.

There is rest from sin.

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2. Rest with Jesus

Jesus says: "The kingdom of heaven is like yeast that a woman took and mixed into the flour until it worked all through the dough." *(Matthew 13:33)*

The moment yeast is mixed into dough, the transformation has begun—but it takes time.

The same is true for you and me.

The moment you and I become disciples of Jesus, we become adopted children of God. That is God's gift.

But becoming like Jesus takes a lifetime.

God kneads us in the joys and challenges of life.

Do not see your sufferings as obstacles to discipleship.

See your challenge as his victory he is inviting you into.

See every weakness as his opportunity to love and heal you more deeply.

Rest with Jesus.

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3. Rest for others

Jesus says: "A mustard seed... becomes a tree, so that the birds of the air come and make nests in its branches." *(Matthew 13:31–32)*

As you and I grow as intentional disciples of Jesus and love in his spirit, others find rest through you.

They come to you for encouragement, friendship, prayer, wisdom and hope.

Invite them to Mass.

Invite them to Alpha.

Tell them what Jesus has done in your life.

My dream is that, by 2033, every one of the 15,000 people living in Kensal New Town will have had the opportunity to hear the Good News of Jesus through this parish.

There is rest for others.

Conclusion

As this summer begins, enjoy your holidays. Rest well physically, mentally, emotionally, and spiritually.

Don't rest apart from Jesus.

Rest with Jesus.

Pray with your family and friends.

Go to Sunday Mass, even when you're away.

Thank God for the beauty of his creation.

Our hearts are restless until they rest in God.

Call to faith

You may have been raised in the Catholic faith.

You may have practiced faith all your life.

Have you ever been invited to become an intentional disciple of Jesus—to commit to love with his spirit?

Why not make an act of faith today?

You only need a mustard seed of faith.

Our hearts are restless until they rest in God.

Prayer

Lord Jesus, I open the door of my heart to you.

I choose to be your intentional disciple, to love with your spirit.

Give me rest.

Forgive my sins, and heal my wounds.

Help me become more like you as I am kneaded like dough.

Help me lead others to you, so that they too may find their rest in you too.

Amen.