

Visiting one of the nearby Senior Living and Care facilities I noticed a large plaque attached to a children's jungle gym. It shows you the benefits of good posture, how good it is for your back, hips, neck, and other muscles and bones, even increasing your breathing capacity. There I was walking slouched and when I sit down slouched at the computer or a book. At first, I was willing to listen and made valiant attempts to better my posture, but then when I drove in the car, sat in my chair or went for a walk, I realized I wasn't so willing. I slouched. It was hard. I made excuses why it was ok for me to not worry about it. I even got a little mad that they would put that on a children's playset – like they knew I would be there slouching. Some things aren't easy to hear or to put into practice, especially when they show we are wrong, and the solution might be hard. In a greater way today Jesus shows us the real problem, and while hard and even impossible for us to fix it, Jesus shows us that he is the solution and gives our souls perfect posture.

Come. Take. Learn. Find Rest.

God loves you. It is not because we are so wise or so good or would be someday. By nature, we were dead and lost in sin as Paul tells us in Ephesians. We were once enemies of God. The sinful nature in us still rears its ugly head even after it was drowned in the waters of our baptism and it oozes out in our sinful words, thoughts, and actions. Jesus said worldly wisdom and man's natural opinion of himself – "good enough" on our own or "not so bad" - will never accept Jesus or his great offer. *"At that time Jesus said, "I praise you, Father, Lord of heaven and earth, because you have hidden these things from the wise and learned, and revealed them to little children. Yes, Father, for this is what you were pleased to do."* Our worldly wisdom cannot accept Jesus. Our sinful natures reject Him. We've learned to doubt God and his Word, be skeptical, and set in our sinful ways. Our soul's posture is off.

We get too puffed up, too proud. We bend backwards too far, and all we can see is the sky, and to look at our neighbor we can only look down (try it for a bit). It's hard to be humble when we are so great, isn't it? Do you ever get that attitude? My loved ones could tell you it's true and even tell you when it often happens. We even start to look down on God's Word or his commands as though they don't really apply to us. We know better, more enlightened than God's commands and will for our lives. When we sin we justify it, massage the guilt out of it. We don't need Jesus on the cross. "I'm just fine." Jesus' sign isn't for us, too proud and insecure to accept it.

Baptized babies understand the relationship they have with God better than we do. He is God and anything good we have is from him. We need him. We can trust him. He knows what is best and he always keeps his promises. God's Word, his will, his forgiveness is not reserved for this world's wise and learned as though it were some club, some achievement, or something we do. It is his undeserved gift to the helpless baby who knows his need and it is desperately needed by the wiseman who foolishly thinks he is self-sufficient. Jesus has to adjust our broken spiritual posture.

Is he qualified? *"All things have been committed to me by my Father. No one knows the Son except the Father, and no one knows the Father except the Son and those to whom the Son chooses to reveal him."* Your Savior is Jesus, God in the flesh. If you want to understand the one true God at all, only Jesus can show you. *"All things have been committed to me by my Father."* Jesus has it all. Jesus is all powerful. Jesus is knowledge and wisdom. Jesus is truth. You don't know God or truth if you don't know Jesus. As the Way, the Truth and the Life, Jesus has revealed the Father to you. You know the true God, the only God and what his will is for you, for mankind, what his heart is. Recognize who Jesus is because the offer he makes is unbelievable to our sin-stained minds. He turns enemies into forgiven family. Jesus is the soul's only chiropractor.

“Come to me, all you who are weary and burdened...” Whenever people talk about posture, I feel the need to straighten up. It is so easy to slouch. Why do I slouch? I’m tired. It’s hard to be vigilant. It’s hard to keep up and keep everything in play, in proper priority and balance. Work and life are hard. Temptation and sin are heavy whether we feel the weight building or not – its impact on our spiritual shoulders, hips, knees and muscles. Guilt focuses our eyes on our failures and their deserved punishment, only inward. It’s hard to breath spiritually because we are so *burdened*. Fear, confusion, and the feeling that everything is out of control – these all exhaust us. We are *weary*. Then Jesus speaks solution to the problems that we have, the problems that we are. Jesus is our solution.

“Come to me...and I will give you rest.” Can he keep that big promise? He is God. He can and he does and he did. God postured his Son perfectly under the weight of a cross to take the sin that slouches us, the guilt that pulls our head down to hell. Jesus lifted that weight off us and on to himself. He suffered all that we deserved – God’s punishment, his righteous vengeance and hell for our guilt. And the weight is lifted. Our eyes are lifted not back in pride nor slouched in shame, but perfectly poised to see the nail marked hands living and lifted in blessing us. The Savior of the world revealed God and his love and forgiveness to you. You are forgiven and freed from sin, guilt, shame and fear by Jesus Christ. And he invites you, *“Come to me...I will give you rest.”* By his grace and mercy, and his power alone, you believe, you come. You find rest, perfectly aligned.

Jesus is the perfect chiropractor for our souls. *“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. For my yoke is easy and my burden is light.”* **“Come, take, learn,”** sound a little like work to me, giving up one unbearable yoke for another. *“Come,”* reminds me of all the times I stayed away from things that were good for me – his Word, his will, whether from arrogance or fear. I didn’t *“take”* due to my worldly wisdom - ignorance or worry. I didn’t *“learn”* – slow of heart to believe, and slow of foot to follow. While it’s true, the Christian life does have its crosses and difficulties that don’t feel light or easy in the moment, however, the only true burden that can bring us to hell Jesus broke in two by the cross and his resurrection.

Jesus’ yoke frees you. Jesus freed you from the sin that slouched you, the guilt that weighed our heads and hearts down. We are forgiven and freed. And he places his yoke upon us to lift us up and carry us. All these beautiful commands he gives us carry with them the power, the motivation and the joy to do them – **Come** to the Savior who loves you. **Take** the forgiveness he’s won for you. **Learn** daily how much he loves you and makes all things – even the struggles and crosses work out for your good. His promises and commands are to bless you and serve others. His yoke is a blessing because he yokes us to himself. The work has been done by him. In fact all the work we do now comes from him and by him. Paul said, *“for it is God who works in you to will and to act in order to fulfill his good purpose”* (Philippians 2:13). Jesus’ yoke is a gift.

Whether you slouch a bit or bend back too far physically, or your posture is good, know that spiritually speaking, because of Jesus, we have perfect spiritual posture. We don’t spiritually slouch in sin because our sin has been forgiven by the cross and empty tomb. We don’t bend back in pride because everything good we have, everything good we do, comes from being yoked to our Savior who freed us and works in and with us to do his will – and so we thank him. We stand perfect aligned with God in God’s sight. And we have rest for our souls now and eternally. What a life-saving plaque Jesus gives us – himself. **Come. Take. Learn. Find Rest in Jesus.** Amen.