

## Tuesday - March 9

*"Come to me, all you who are weary and burdened, and I will give you rest. 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."*

*Matthew 11:28-30 (NIV)*

Two of the most rewarding, yet exhausting weekends of my life were when I was asked to serve as the assistant lay director of a Chrysalis retreat in Cincinnati. Like Emmaus retreats offered for adults, Chrysalis is a three-day youth retreat that features fifteen presentations of faith to youth by other youth, adult laity, and ordained clergy. While the participants are intentionally left clueless as to the time of day or the agenda, it falls on three assistant lay directors working in the background to maintain a literal minute-by-minute schedule for three days straight. It is one thing to go into a short stint of stress and worry knowing that rest and reprieve will come soon enough.

I am sure it will come as no surprise to anyone who knows me that I am often guilty of trying to maintain an intense focus and attention to detail for longer periods than is realistically sustainable. Often my passion for providing others with the best and smoothest experiences possible leaves me in moments where I feel overwhelmed, totally exhausted, and like I am letting those around me down.

While I wish I had a grand and complete remedy, I have still grown to learn that there are times where you must find satisfaction in the work you have already accomplished, focus on the relationships that have grown in that experience, and seek out those moments of rest and quiet that allow you to rest and re-find God in the craziness. Whether it is a period of meditation and prayer, a time of joy with friends, or a moment of music that moves your innermost emotions, find rest for your soul.

Remember...even Jesus took naps!

Drew

**Prayer:** Great Father and Redeemer, it is too easy to get wrapped up in the demands of this world. Whether it is trying to help everyone with everything, or simply trying to do everything for ourselves, we can unknowingly wander out of reach of your yoke and allow our burdens to weigh down our souls. Watch over us, guide us, and continue to call us back to the refuge of your sanctuary. Open our hearts and minds so we can remain focused on your love for us and share it gracefully with all that we encounter in our daily lives. In the name of your son, who came to bear our burdens and give us rest. Amen.

