

Patterns of Grace and Gratitude Week 4

Sunday, May 2



“Unforced Rhythm of Grace”

Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly. *Matthew 11:28-30 (The Message)*

Some words from Pastor Katya for today... I got familiar with this version of the passage from Matthew last year during the lockdown. It struck me like never before. Through this version of the Bible, God was speaking to my soul. Am I tired? Yes! Worn out? Absolutely!

The phrase that really spoke to me then and speaks to me now is “learn the unforced rhythms of grace.” I am not exactly sure what this phrase means. Perhaps it's like when God comes to us in a supporting community or a loving friend to share our burdens. Maybe it's like when God comes to us when we don't know what to do with our anxiety and when we finally accept that we are powerless, but not helpless. I wonder if it's like Jesus inviting us to rest, in his presence and in his grace.

What does rest look like to you and me? Is it a nap or a walk? Perhaps rest looks like taking care of our mental health, giving ourselves permission to be sad, acknowledging our pain, and asking for help. Perhaps rest looks like sharing our burdens with God and someone else, which can be in the form of Stephen Ministry, a professional counselor or therapist, a support group, a 12 Step program, or anything that helps our mental and spiritual health.

Jesus invites us to walk with him, relying on his love and the love and support of the community. When we are overwhelmed, Christ comes to us through the unforced rhythms of grace.

Prayer: Loving and Gracious God, help us learn your unforced rhythms of grace and rest. Let us know how much you love each of us and how we all are precious in your sight. In Jesus' name. Amen