

Tuesday - April 5

"Come to me, all you who are weary and burdened, and I will give you rest... For my yoke is easy and my burden is light."

Mathew 11:28, 30 (NIV)

For those of you familiar with the Enneagram personality test, I'm a 2. For those of you are not, that means I'm a helper. I like to constantly be doing, giving, helping. That's not a surprise for those who know me. I'm a social worker by training, the youngest of three kids, a mom, a wife. I've created a life of being constantly on the go and taking care of others. While on the surface those things are good, sometimes I twist them to be about me. I use it as a shield to insulate myself from feeling or experiencing life. I surround myself with activities that keep me from listening to my daughter asking me to play dolls with her. They prevent me from joining my husband on a walk with the dog. And they certainly keep me from listening to the still, gentle voice of God around me.

As I started to think about an intention for 2022, I kept coming back to 'be still.' God kept reminding me that being busy is not what He is calling me to do. Instead, I need to experience the now, listen to my body and the words He puts in my heart. Spend more time in nature, enjoy these years with my young daughter and just be still.

Abigail

Prayer: Jesus, help us to pause from our rushing to focus on the gifts You have placed in our lives. May we care more about accomplishing Your list for the day than our own. Amen.