

Friday - March 4

Moses said to the LORD, "You have been telling me, 'Lead these people,' but you have not let me know whom you will send with me. You have said, 'I know you by name and you have found favor with me.' If you are pleased with me, teach me your ways so I may know you and continue to find favor with you. Remember that this nation is your people." The LORD replied, "My Presence will go with you, and I will give you rest."

Exodus 33:12-14 (NIV)

Moses was tired and anxious. He already tried explaining to God that he was not the leader God wanted or expected him to be. Now, after doing God's will and leading the Israelites out of Egypt, Moses finds himself back in front of God begging for inspiration and guidance. He was doubting himself, again, and wondering how much more of this he could take before it becomes too much for him to handle.

I have always been a go-getter, a "Type A" personality, someone who is always up to a challenge, and often one who diligently sees a commitment through until the end. Last year, after a series of setbacks, disappointments in several aspects of my life, and added stresses, I found myself at my breaking point. After a dramatic weight loss, long-term troubles sleeping, and finally a trip the ER for chest pains, I stood face-to-face with the anxiety that had taken hold in my life. It was my Moses moment, where I found myself telling God that I can't take much more and wondering if this state of anxiety and despair was my new normal.

God's response to Moses' anguish and cry for help was simple, that God will always be with Moses and give him rest. Even though God always walks with us, sometimes it takes crying out to Him to remember that He is there with us and can give us reprieve from our weariness. While my journey with anxiety is ongoing, and has its ups and downs, small moments of rest are often found when I frequently remind myself that God will always be with me. Those moments grant me peace, and the hope that I need to keep putting one foot in front of the other when life becomes overwhelming.

Drew

Prayer: Dear God, our great Counselor and Redeemer, we frequently lose our sight of You when answering the call to do things we think we can't do. Despite Your glory and grace, we often face moments where our worldly minds begin to become fatigued and overwhelmed, where hope begins to fade from deep within us. In those moments Lord, as You did with Moses, remind us that You are with us and that You can lighten our burden if we hand over our anxieties and stresses to You. Open our hearts and minds so we can remain focused on Your love for us, Your desire to walk our journeys through life with us and remind us to share Your love 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.