

## Re:Easter Blog – 5<sup>th</sup> April

### Rest

A shorter blog in case you need a rest!

We often find ourselves feeling being tired, over-whelmed and wearied by life whether because of Holiday Club; preparations for Easter; revision for exams; or worries and fears about health, money, family or the future. This tiredness may be physical (yes Holiday club again!) but it may be a weariness in our spirit or anxiety in our minds.

*Jesus says, “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

One thing that the Lord has been saying to me over this past year has been that if I am feeling heavily burdened then that burden is not from Him – because his burden is light, or at least it can be if we are carrying it in partnership with Him. Can you trustingly (is that a word?) ask God to help you rest this week?

### Prayers

Take some time to sit in silence and listen to God and ‘rest in his presence’. Spiritually ‘chill out’. It may help you to read over the Matthew 11: 28-39 verses a number of times to yourself and to sense the Lord Jesus alongside you and carrying those burdens with you.

### Action

Perhaps just resting with no action this week is right for you and, if so, just rest.

But perhaps a good response for some of us is to think of one or more of those in our Fairfield International Community (our mission partners) who are working hard for the Lord and who might also be feeling tired. Perhaps they are weary, perhaps they are burdened. Consider sending to one individual or family an Easter greeting, by card or by e-mail or social media, to let them know you are thinking of them and to encourage them in their walk with God.

PS: As we approach Easter there are extra blogs – on 9/4 Palm Sunday, Wednesday 12/4 as usual, 14/4 Good Friday and 16/4 Easter Sunday.