

THOUGHT FOR THE DAY: Friday 22nd December 2023

By Revd Kit Gunasekera

I don't want to assume that this time of year is exhausting for everyone, as that can become an easy cliché. However, for those who are, or who are tired, the following although a bit long, I think has got some important things to take in. And for those of us who have lots of energy still, there will be someone we know who is exhausted!

A Blessing for one who is exhausted by John O'Donohue

When the rhythm of the heart becomes hectic,
Time takes on the strain until it breaks;
Then all the unattended stress falls in
On the soul, like an endless, increasing weight.

The light in the mind becomes dim.
Things you could take in your stride before
Now becomes laboursome events of will.

Weariness invades your spirit.
Gravity begins falling inside you,
Dragging down every bone.

The tide you never valued has gone out.
And you are marooned on unsure ground.
Something within you has closed down;
And you cannot push your self back to life.

You have been forced to enter empty time.
The desire that drove you has relinquished.
There is nothing else to do now but rest
And patiently learn to receive the self
You have forsaken in the race of days.

At first your thinking will darken
And sadness take over like listless weather.
The flow of unwept tears will frighten you.

You have travelled too fast over false ground;
Now your soul has come, to take you back.

Take refuge in your senses, open up
To all the small miracles you rushed through.

Become inclined to watch the way rain
When it falls slow and free.

Imitate the habit of twilight,
Taking time to open the well of colour
That fostered the brightness of day.

Draw alongside the silence of stone
until its calmness can claim you.

Be excessively gentle with your self.

Stay clear of those vexed in spirit.
Learn to linger around someone of ease
who feels they have all the time in the world.

Gradually you will return to your self,
Having learnt a new respect for your heart
and the joy that dwells deep within slow time.

- Benedictus by John O'Donohue

BIBLE VERSES:

Jesus said: "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