

Thought for the day – Friday 21st July 2023

By Revd Kit Gunasekera and CTiC



At our CTiC (Churches Together in Clapham) meeting last week, we had a very interesting and creative time thinking about creativity and worship, and one of the things we did was to make a banner, where everyone chipped in with sticking things and pasting things. In the figure in outline in the middle, who represents Christ and our selves, we invited people to write or draw the things that give them rest. The wording, is taking from Matthew 11, where Jesus invites all those who feel weary to come to him, and He will give them rest. Many of us are feeling tired at the moment, physically, mentally, emotionally, and perhaps even spiritually. It's important to be kind to our selves. It's interesting that in the Genesis Creation poem, it says that God rested on the Seventh day.

I hope that we can find some rest, in a way that suits us. Not just so that we can be

renewed to do all the things that make up our lives, but because life happens in the resting it self as well.

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

I also like this version, from the Message Bible.

Jesus said, "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."