

Thought for the day - Friday 22<sup>nd</sup> July 2022

by Revd John Ohen

Prayer

As in the hymn "Open the eyes of my heart Lord".

Our Lord Jesus said "come to me, all you that are weary and are carrying heavy burdens, and I will give you rest (Matthew 11. V. 28).

These are difficult times with Climate warming /change, fighting in Ukraine and Russia, and choosing a new political leader, industrial strikes, and so on. When are we going to stop worrying, and turn to our Lord Jesus for rest? Our Lord also said that anyone who comes to him, he will never drive away. John (6. 37). The Spirit and the bride say come, Jesus is the one we should go for rest, comfort, consolation, and peace.

The big question remains where can we find him? If we want to find him in truth, we can find him whenever we turn to him in prayer, and whenever we read or listen to his Word. We can equally meet Jesus when we receive his body and blood in the Eucharist or kneel before him in adoration.

The peace of our Lord Jesus Christ is not cheap, shallow let alone superficial, but it is rooted in taking the yoke of discipleship.

A true disciple is someone who recognizes that they need to learn from the master, someone, who is or wants to be under the discipline of the Master. We are to learn to live out the teaching of the Beatitudes, the way of the Sermon on the Mount (Matthew 5. 1 -12).

"You have made us for yourself, and our hearts are restless until it rests in you." Peace, rest, solace, and comfort are found by embracing God's will. Amen.

Prayer:

Lord Jesus, we turn to you because you are the only one who can give us rest, freedom, and lasting peace. We throw ourselves upon your mercy and love for your name's sake. Amen.

Bible Reading: Matthew 11. 28 -30.