



## **[SCRIPTURE] Matthew 11:25-30**

### **[REFLECTION]**

Jesus is the tangible presence of God. And to be in His presence is to be restored to our true nature—people of rest. Richard Rohr wrote, “We cannot attain the presence of God because we’re already in the presence of God. What’s absent is awareness.”

I often find I am not at rest. I am anxious and weary. When I press into why this is, I discover a troubling theme: I am not coming to Jesus (Matt. 11:28-30). I am not taking upon myself His way of life. I’m simply reciting a story of God’s love for the world, but my own life is devoid of any sign of me actually coming into His presence—no solitude, prayer, worship or fasting.

If I am not experiencing the rest Jesus promised, it is not because He is no longer present, but because I am no longer coming to receive it. And when I begin, again, to take His way of life upon me, it’s amazing how fast He becomes my heart’s tangible delight once more.

### **[STARTER PRAYER]**

Jesus,

I come to you today in need of rest.

There is much in me that is restless.

There is much around me that brings anxiety and uneasiness.

Help me to receive your rest today.

Give me awareness of your presence.

Allow the truth of your love to fill my mind and heart. Amen

### **[PRACTICE]**

1. Commit to learning from Jesus again.
2. Examine all the tasks and responsibilities in your day in the light of God’s faithful presence and rest.
3. Try to incorporate an activity (i.e. some time in solitude, a walk outside, a dedicated time to pray, some meditative reading of scripture) into your day that may help you to become more aware of His presence.