**Come and sit**

***Matthew 11:28 “Come to me, all you who are weary and burdened, and I will give you rest.”***

Have you heard? There’s chaos all around the world… Amid the uncertainties and signs of hysteria present, God is calling us to sit with Him.

We are trying to keep our daily lives as normal as possible, given the public health officials’ precautions and mandates, but it seems our minds are “running” without rest. We believe, but we feel our faith is not that strong and our hearts and minds are heavily burdened, for ourselves, for our loved ones, for the vulnerable...

Imagine you’re strolling at a park, suddenly you notice there’s an empty bench in front of a tree. God is seated there and is tapping on the bench inviting you to sit with Him. It’s an irresistible invitation. You feel overwhelmed and in need of REST. So, you accept.

Relief immediately comes as you sit next to Him. You start breathing deeply, your agitated pulse starts slowing down. It was a good idea to stop the running; tension throbbing is also subsiding just by His presence, no words spoken. You realize you’re under His embrace; your heart starts beating differently and other types of thoughts take center stage in your mind: you start to REFLECT.

You think about life matters, about love matters, about your soul… It’s a different type of movie crossing your mind. Questions like ‘how has your relationship with God changed over the years? what has your life turned into? the relationships you once treasured and have lost contact with’ pop up one by one…

You start thinking from a Kingdom perspective. The Spirit brings to mind past hurts, areas of discouragement where the focus has shifted from God to you at the center. The tree branches behind move as a soft breeze gently reminding you of the need to RELEASE what has been separating you from your original bond with the Master and with others. These are crucial times; we need to straighten up our paths and release our burdens. It’s by grace we’ve been saved. Grace takes a new meaning and your heart is open to let go and move forward.

Inexplicably, after your inner release, He shows you new ways to RELATE to those of the past and with new ones you haven’t thought of. The weight of your spiritual exhaustion has been lifted. You notice those passing by where you’re seated at the bench. You realize they’re ‘running’ too, perhaps in search of an empty bench. And your response is to tap and invite them to come and sit with you both.

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Let’s explore this together!

-What are some of the elements that seem to hinder our accepting God’s invitation to sit with Him these days, despite our need to rest in Him?

-What has this global health crisis revealed to you regarding your personal faith walk?

-How resistant are you to surrender your routines to what God is revealing you?

-Make your personal list of areas in life and persons that come to mind as you dialogue with the Lord. What is the Spirit leading you to do?

-Think of ways you can connect with others these days, to help them to see there’s a space for them in God’s bench of grace

-Knowing of the promise of Romans 8:28 that “all things work for good” … What positive outcome can you see after this crisis?

-How can you be part of a new community of believers?