

It's Monday morning. It was a busy weekend and a busy week lies ahead. I look at my calendar and see each day filled in with appointments, meetings, and deadlines. All requiring energy and time. And so, on this Monday morning, I will be honest with you, I'm tired. However, I'm not alone. We all have Monday mornings and weeks like this where we are dealing with the joys and struggles of life. It could be our work, volunteer activities, relationships, or our health. We all have things that fill our days and occupy our minds.

Yet, I read a phrase not long ago, "Don't worry. God is God of the down-side, too." In other words, "The God worshipped on Saturday or Sunday is still God on Monday." This feeling gets its classic expression in the 23rd Psalm: "The Lord is my shepherd, I shall not want. He makes me lie down in green pastures; he leads me beside still waters; he restores my soul."

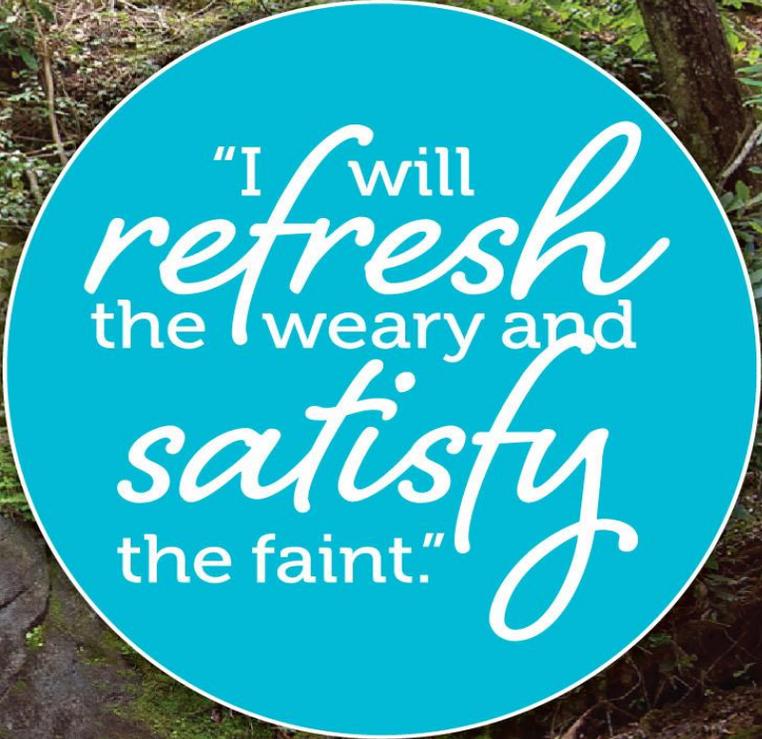
Even though I am tired, God is still God. Nature's processes are at work. Fatigue after a heavy schedule is normal, but so is recuperation. And I know that if my energies are not fully restored in the course of one night's rest not to get impatient. Recuperation will occur. Relax and give God time to work. Work and fatigue, rest and renewed vigor are all part of the process of life.

We all know this process. It seems that life gets busier and busier every year as more and more things are added to our calendars. Yet, we are only human and there is only so much time and energy we can give. So, what wonderful good news that God knows we need rest. In fact Jesus Christ says to us in Matthew 11: 28, "Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest." God is there for us in all the times and moments of our life. In times of joy and high energy and in times of sorrow and fatigue.

So, let us come to God then and give all our burdens and just relax for a moment to catch our breath. Let us find the time in prayer and worship to connect with God and let God's life-giving Spirit lift us up. Let us never forget that when we are down, that is when we'll find that God is there on the down-side, too.

In God's Love

Pastor Tim



"I will
refresh
the weary and
satisfy
the faint."

Jeremiah 31:25, NIV