

Sunday Reflection

- ◆ **First Reading:** *Jeremiah 23:1-6*
- ◆ **Second Reading:** *Ephesians 2: 13-18*
- ◆ **Gospel:** *Mark 6:30-34*

He said to them “YOU MUST COME AWAY TO SOME LONELY PLACE ALL BY YOURSELVES and REST FOR A WHILE” ; obviously the apostles were in need of a break having completed their task which was to announce that Jesus the Saviour had come among the people of God, it was a time to repent and to rejoice. What do you do when you are in need of a rest? There are different types of RESTs ; if your body is tired, then sit down a while or as they say “put the feet up”, and you’ll be all right after 20 minutes or half-an-hour ; then of course there’s the inevitable rest that we all need from work! with a break at Christmas, a break at Easter and if you can afford it, a summer holiday or just relax for a week or two ; then when our break is over and we feel more at ease with ourselves, we say “now it’s back to the grind” ; as I recall, many years ago, I met a young worker who couldn’t stand the grind any longer, he said to me “I badly need a rest from it all, I think I’ll hand in my notice and stay with my parents to get myself together again”

The daily grind can slowly drive people mad ; if you do not rest regularly, then all your components eventually become damaged, what components? your mental, physical, emotional & spiritual wellbeing, and when these 4 components implode Behold! a nervous breakdown or out-of-control stress that may lead on to cancer ; Does God care about our general wellbeing and the rest that we all need so as not to end up exhausted, sick and with mental health issues? of course God cares ; in chapter 11 of st.Matthew’s gospel, the lord of life looks out at broken humanity and says “COME TO ME ALL YOU WHO LABOUR AND ARE OVERBURDENED, I WILL GIVE YOU REST ; SHOULDER MY YOKE AND LEARN FROM ME” he says “FOR I AM GENTLE AND HUMBLE IN HEART, AND YOU WILL FIND REST FOR YOUR SOULS ...”

So there's an offer we can't refuse IF we put our Faith into the gentle mastery of the Saviour Jesus, and in return our soul becomes refreshed, as mentioned in the 1st verse of to-day's psalm

“...FRESH AND GREEN ARE THE PASTURES WHERE HE GIVES ME REPOSE ;
NEAR RESTFUL WATERS HE LEADS ME, TO REVIVE MY DROOPING SPIRIT....”

... and lastly, you may or may not agree, but the pace of life, the way we live here in western civilization needs to be simplified, "that's putting it mildly" says u ; start with yourself "can I lead a simple way of life?" ; Don't blame God for all the stresses and strains that we impose upon each other, there is nothing easy nowadays, we all want what we want exactly when we want it, and because of the "quick-fix" mentality all around us, more and more people are being pushed to the edge of insanity/madness!!! ; IF this Pandemic has not taught us to just slow down, to stop, to think, to pray and listen, then really we have learned nothing at all ; I'll leave you with these few thoughts.....

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