

REST FOR THE WEARY¹

²⁸ “Come to me, all you that are weary and are carrying heavy burdens,
and I will give you rest.

²⁹ Take my yoke upon you and learn from me; for I am gentle and
humble in heart, and you will find rest for your souls.

³⁰ For my yoke is easy, and my burden is light.”

Matthew 11: 28 - 30

Read [read passage twice]

Silence 3-5 minutes* - silently repeat a word or phrase that interests you...

Sharing aloud (if in group): Simply share the word or phrase that spoke to you. No elaboration.

Reflect [read once]

Silence 3-5 minutes - reflecting on “Where does this touch my life?”

Sharing aloud: “I hear, I see, I was struck by...”

Respond [read once]

Silence 3-5 minutes - reflecting on “How is God calling me to Respond?”

Sharing aloud: Briefly pray - spontaneously expressing your response to God's call.

Rest [read once]

Rest in God's grace, in silence 2-3 minutes

*The time allotted for each period of silence can vary.

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JIR & HKO

¹ This *Lectio* selection reflects the sabbatical theme of “Rest, Renew & Reclaim in the Midst of Transition,” developed by Reverend Mary Jo E. Holtey of First Presbyterian Church, Fargo, ND. She writes, “During the course of a three-month sabbatical, I hope to rest from my labors; renew the right spirit within me; reclaim the core of my ministry, as well as the core of my relationships with family.”