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*"Christ caring for People
through People"*

August 28, 2011

(Matthew 11:28-30)

"Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly."

Dear Friends in Christ,

As the fall season is about to begin for many it is the start of a new work year. It is a time when we may consider taking on new responsibilities and roles in the fellowship of the church. On the other hand it may to some seem like a time to keep a low profile in case someone suggests we ought to help out more. Yes - we need to be totally honest and open to the possibility that one more task may indeed be one too many. In our loyalty and faithfulness we can find ourselves with feelings of guilt when there is a need presented and we are asked to consider helping out. Workers are always needed. Choir members, church school teachers, board members, elders for session, mission workers, door greeters, and the list goes on. All important and valuable roles and needs within the fellowship. But may I dare suggest that sometimes we take on too much and can be subject to burnout. As a minister I have seen it happen, even to ministers themselves. How then are we to deal with this pressure?

Jesus words in the Matthew passage quoted above give us an excellent start. Instead of starting from a position of feeling guilty if we don't say yes to every request we need to learn the "unforced rhythms of grace" This doesn't mean that on the other hand we should not get involved in any of the work that needs to be done. But how do we decide which tasks we ought to get involved in? If we are teachers in our working life, does that mean we should be teachers in the church? If we work as business people that doesn't mean we should take up a similar role at church? Greeters at Wal-Mart shouldn't necessarily become greeters at church. Rather in every case we need to ask the Holy Spirit to open our eyes so we can see what God is doing and then begin to work alongside him. Jesus has a work for each of us to do. "Walk with me and work with me—watch how I do it. Keep company with me and you'll learn to live freely and lightly." Spend time with Jesus, daily, and learn from him. His promise is that the work he calls us to do will be peaceful, restful and joy-filled.

Await his guidance ... and be ready to respond immediately when he calls.

Father teach us your way, guide us into the role you have for us, that all we do may give you glory. Amen.

(Rev.) John McGurrin

