

# REFLECTION

BLD NEWARK COVENANT COMMUNITY

## COME AWAY AND REST

***“Can any of you by worrying add a single moment to your life-span?” (Matthew 6:27)***

We all know that living our life in our own strength does not work! As we go through our daily lives, how do we keep up with all the demands of living? Are we carving out our own path, trying to control things beyond our control? Steering with our own will to make things happen? Does it seem like we could never catch up with all the work and things we do? It seems to me that there are just endless things to do, projects to finish, community issues to resolve, and temporal needs of the family, profession and community that need to be addressed. It is non-stop! “The apostles gathered together with Jesus and reported all they had done and taught. He said to them, “Come away by yourselves to a deserted place and rest a while.” (Mark 6: 30-31a)

Called to have an abundant and fruitful life, in total dependence on God, Jesus invites us to come away by ourselves to a deserted place and rest a while. He is asking us to set ourselves apart from the issues of our daily life, be with Him, know Him more intimately, and let Him take full control of our lives. St. Paul shares that his overwhelming trials were given so that he may not trust in himself but in God who would deliver him. In the midst of our trials and difficulties, we realize that we, too, are given a chance to get closer to our God, to acknowledge Him as the true Giver of life, to trust that He will provide and meet all our needs,. He calls each one of us to have a fundamental child-like trust on His mercy and grace. What Jesus offers to each one of us is a life full of blessings every minute of the day.

“Have no anxiety at all, but in everything, by prayer and petition, with thanksgiving, make your requests known to God.” (Philippians 4:6)

As we pray, listen and trust in the One Who gives us life, as we set aside time for God and rest in Him, we allow Him to grant us true peace that surpasses all understanding and joy that can only come from Him.