
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.

—Matthew 11:28-30 (The Message)

REFLECTION

PAUSE

- Slowly read Matthew 11:28-30 and/or sit with the image on the screen.
- What word or phrase stands out most to you?
 - Permit yourself to curiously hold what arises, wondering, instead of analyzing or trying to fix anything.

REST & RECEIVE

- Where do you feel weary and burdened right now?
- What keeps you from stopping to rest in God's arms?
 - Share your answers honestly with God.

LEARN

- Ask God for renewed insight into an aspect of your life these days that feels weary and burdened.
 - What might God want to reveal to you about the unforced rhythms of grace?
- Ask the Holy Spirit for guidance into what keeping company with the Trinity in this area of life could look like right now...
 - It could be a word, a phrase, an image, even a follow-up question or sense of your next step.

Holy Trinity, we ask for the courage to continue to come to You as we are, trusting in Your compassionate kindness. We pray for a renewed sense of Your presence that goes with us and brings us rest. And we ask that You would guide us into Your invitation to keep company with You—teach us to live freely and lightly together. In Your precious name we pray. Amen.

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RESOURCES

- [Pray as You Go](#) (daily prayer app for Apple and Android)
- [COVID-19 Retreat](#) (guided, virtual retreat)
- [Prayer: 40 Days of Practice](#) by Justin McRoberts and Scott Erikson (book)
- [Common Prayers During Pandemic](#) (PDF collection of prayers for this season compiled by Cari Jenkins)