



## Wednesday Prayer

6<sup>th</sup> Sunday after Pentecost – For all who are weary and burdened, rest.

**“Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. 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. For my yoke is easy, and my burden is light.”**  
**Matthew 11:28-30**

At a recent council retreat on spiritual gifts, we wrote the names of five people we admire. Then we wrote five qualities about each of these people. For me, many of the qualities overlapped and indicated characteristics I strive for in myself. One of those that overlapped in the people I admire is “tireless, even when really tired”. And by that I wasn’t thinking of our American culture of overworking ourselves; I was thinking of those who have the courage and tenacity to keep working for justice even when weary.

I thought of the team of leaders in LSS Metro Homeless Youth Services who continue to fight for what’s best for the youth they serve, even when systems, structures, funding, organizational roadblocks, racism, heterosexism, and many other prejudices work against them. These everyday heroes carry heavy burdens within their own lives while tirelessly advocating for youth’s safety, security and healthy futures.

Likewise, many of you who partner with Cherish All Children understand and commit to the steady and long-term efforts to prevent child sexual exploitation. We continue to show up even when weary and carrying our own heavy burdens.

This Gospel passage has brought me comfort in this work – in the weariness and carrying of heavy burdens, Jesus will provide rest. We can’t take it all on, but we can pray and trust in God’s presence with us.

I have this passage written on a post-it in my office, next to a few other pieces that provide a bit of rest for a moment in my workday. Here’s a photo of this visual resting space, with the small post-it in the middle right:



**God of gentleness, you call to us to find rest in you. Give us the courage to keep working for justice and the comfort that you are always with us. Amen.**

Written by Joy McElroy, Cherish All Children Executive Director.