

# The Doctor Visit

The Doctor walked into the examination room and asked me why I decided to come in today. He could tell something was wrong.

I said, "You see, I've been putting off seeing you hoping that this would go away but it hasn't. I've read all the books, the self-help guides, the miracle cures and I've googled the symptoms on numerous occasions but I've come to realize that the issue has become unmanageable. And so I'm here and I need you to see it. If there isn't anything you can do then at least I've done all i can. "

"Why didn't you come to me sooner," He asked, perplexed almost offended.

"I guess I was ashamed. I should have taken better care of myself. And it seemed like the longer I waited the more difficult it became to make the appointment afraid of the diagnosis I imagine. I've always prided myself in appearing healthy."

"OK. Let's take a look."

My hands trembled as I revealed the wound in the back of my mind.

His eyes glistened as His pierced hands scanned the surface of my brokenness.

*"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 Bible

**When you are tired, worn out, burned out. Rest in Him.**

*To rest in Him requires initiative on your part.*

*To rest in Him requires vulnerability in relation to your secret wounds. When the secret is out, its power is gone.*

*To rest in Him requires silence.*

*To rest in Him requires a release*

- a release of your own judgmental attitude,
- a release from your believe that you are indispensable in this world,
- a release that you will be able to solve things by yourself without others skin in the game,
- a release that happens when we say, "I trust in You to do the things I cannot do for myself."