

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."