



The rest of your life

By Simone Worthing

Are you one of those people who bounds out of bed in the morning, sings in the shower and brims with enthusiasm over the challenges of the day ahead? Or do you blearily stagger from between the sheets, try to regain consciousness in the shower, and then prepare for the day slumped over a cup of strong coffee?

If you're one of the many who find it hard to stay awake until morning tea, who relish the thought of afternoon siestas, and who doze through most of the evening news bulletin, then maybe, just maybe, you are tired. And you are not alone.

Parents are finding it increasingly difficult to rouse their youngsters in the mornings. Teachers complain about their students falling asleep during class. Children talk about burnout. Employees who catch public transport to work sleep for much of the journey. In shopping malls, offices, schools, and on the streets it seems that everyone is yawning.

Many people, young and old, are talking about feeling weary and worn out. Some are tired physically, often finding that even when they do get a good night's sleep it fails to refresh and energise them. Others feel emotionally drained, worn down by the daily onslaught of emotional and psychological challenges at home, work, school, in their local communities, and beyond. Still others are mentally exhausted, feeling that all their reserves have been depleted in the struggle to work through life's continual, varied and intense challenges.

There's a spiritual exhaustion we experience, too. In our frenetically paced world there's precious little time for meditation, introspection, searching for meaning and contemplating those higher--but very real--aspects of life.

We get tired of being tired: physically, emotionally, mentally, and spiritually. And so many say they are too tired even to relax, to get away and have some fun. Others are too exhausted to think about why they are so tired or about how their situation could be changed.

If that's you right now, maybe it will help a little to hear these words--spoken to our spiritual needs--from Jesus Christ. What would he know?

Lots, as it turns out. He understands our exhaustion. He knows how to help us deal with it. This is what he said while he was on earth as one of us: "Come to me, all you who are weary and burdened, and I will give you rest."

He invites us to come to him in our weariness and to give him our worries, cares, anxieties, and fears. He wants us to rest in his peace, grace, consistency, and strength, whatever our personal circumstances.

Maybe it sounds too good to be true. Or maybe it sounds like it will take too much effort to even think about. But in days such as these, when so many are worried about the threats of global warming and fuel shortages, and the world is changing at a frenetic pace, at least considering his invitation must be worth some effort.