



## Wednesday Prayer

5<sup>th</sup> Sunday after Pentecost – Come, all that are weary, and 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***

This week I attended my first Zoom memorial, for a dear member of our congregation, a gentle and humble man who taught many kind life lessons to children over decades. I was looking for just the right card, and I settled on a simple card with a short message, and added the verse above inside. At the time, I didn't know it was the Gospel lesson for this Sunday. The Spirit at work continues to delight me.

Next, I looked up synonyms for "yoke" as I often wonder how some of these old, Biblical words translate into today's world. The first entry was "oppression". Inserting that into the Gospel reads "my oppression is easy, and my burden is light." I've been in many conversations over these past weeks of unrest in the city where George Floyd was killed, and I've listened to many who have suffered a lifetime of oppression. I've felt weary, and in need of rest. Yet my oppression is "easy". And God is still there for me, willing to carry my burdens when I remember to pray and let them go. For those who suffer far greater oppressions and burdens, I am hopeful that we can come together to help carry these and give rest to the weary.

As we work together to right the wrongs in our world, to protect the vulnerable, and to change systems that have oppressed people for generations, we need time to rest. And then I hope we are able to offer rest to others as we take some of their burdens away.

Children and youth are especially in need of our gentle care and some rest in these days. They are burdened by far more than many of us experienced in our days of growing up. We didn't have the constant news cycle feeding to our phones all day long, and the social media pressures of posting "the right thing", or the hidden dangers of connecting with the wrong person online. This blogpost, [Our Kids Need Us](https://www.screenagersmovie.com/tech-talk-tuesdays/our-kids-need-us), provides guidance for talking through these things with children and youth in our lives. We can help carry their burdens and learn together how to carry others'.

**God of gentleness, give us rest when needed as we work to change systems of oppression. Guide us in our work to support all young people, keeping them safe from harm and upholding them as they work for justice in our world. Amen.**

---

Written by Joy McElroy, Cherish All Children Executive Director.

<https://www.screenagersmovie.com/tech-talk-tuesdays/our-kids-need-us>