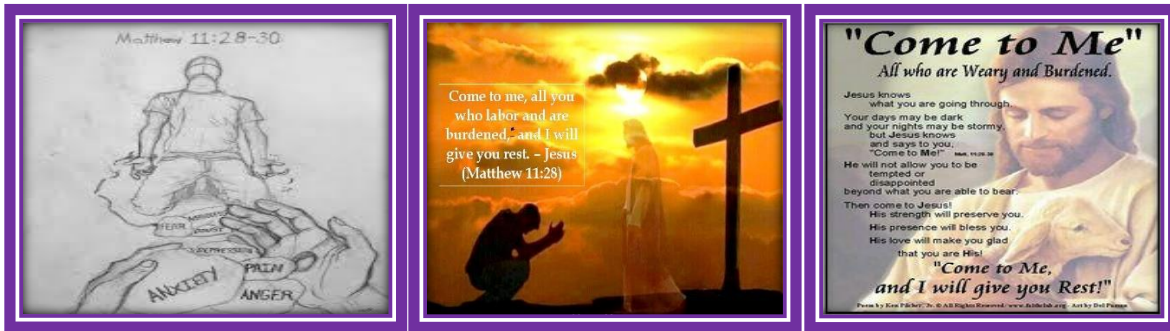


## 12.09.2020 – Wednesday of 2<sup>nd</sup> Week in Advent



**Let not the anxieties of our life dishearten us, Instead may the Invitation of the Lord – “to Rest in His Presence and to learn from Him” help us to always be at peace in life!  
(Is 40:25-31 Mt 11:28-30)**

An old lady was sitting in the park – all alone and dejected. A young boy – who was sitting on the opposite bench – and was doing some writing work, had been constantly watching this lady who was brooding over some worry. Finally, after a while, he stopped writing and enquired: “Madam, I have been observing you. From the morning, you have been quite worried. What’s the matter? Maybe there is some way I can help you. The old lady looked at him and replied: “You know, my son, in life, I have been worried about so many things in life... but most of them never happened!” The young man was surprised to hear that – “troubled about things, that never really happened!” So he asked again, “Then why are you troubled now?” She replied, with a tinge of remorse: “I am worried as to why did I unnecessarily worry so much in my life!” Funny, isn’t it? But, are we sometimes like this old lady? Too much worried and disturbed in life and sometimes (or perhaps, very often) even about things that have not happened in life?

The call of the Gospel is an invitation by Jesus to “cast all our worries and burdens” on Him. We read in the Gospel today, the assuring words of Jesus: “Come to me, all you who are weary and are burdened, and I will give you rest.” (Mt 11: 28).

Jesus came into the world, primarily as a Savior. He is in deep love with us. “...You are precious in my eyes and I love You!” (Is 43:4). The meaning of the name “Jesus” Itself is that GOD SAVES. As a Beloved Lover, He constantly tugs the strings of our hearts and beckons us to Himself – wanting us to experience His Saving Love. He extends His cordial and warmest invitation to each one of us who are weary and heavy-burdened!

The Greek word for WEARY is “Kopiao” which means to toil and become weary to the point of exhaustion! WEARY not only refers to the daily physical strains and struggles we undergo in life but is also the internal exhaustion caused by seeking Divine Truth through mere Human Wisdom and the external burden caused by futile peripheral efforts to seek the Divinity.

Many of us, very often, reach the point of exhaustion and fatigue by our everyday works and in our striving for salvation. However, today, the Lord calls all of us – to experience His Resting Presence. “Behold, I stand at the door and Knock! If anyone hears my voice and opens the door, I will enter his house and dine with him, and he with me” (Rev 3:20). “Experiencing His Resting Presence” also means “to learn from Him” especially learning to be Humble and Gentle like Him! (Mt 11: 29)

A proud heart robs the person of spiritual insights. It renders a person to look only to oneself; the dependence on the Lord is lost. A harsh (violent/tough/annoyed/wrathful) heart steals the person of “being at peace”. It renders a person to look only at the negativities of life; the attitude of being grateful to God is lost.

Today, let us give heed to the call of the Lord to “Rest in His Presence”. And thus, to learn to be more “gentle and humble”. Many of us might question: How can I “Rest in His Presence”. Many of us might counter: Is it really possible to learn to be more “gentle and humble”? “Rest in His Presence” can be

- by making a time for the Lord, in prayer, every day of our life – an act, which we shall never compromise.
- by “becoming aware” of the Presence of the Lord in the activities that we engage in
- and by recognizing the goodness in other people and situations of life, and thus being, consciously, grateful to God.

Learning to be more “gentle and humble” can be

- by picking up any of those virtues, and (purposely) doing an act towards growing in the virtue,
- by daily examining the conscience, in the practice of that particular virtue, and making amends to try again, even if failed (Let’s remember the Lord Who always rose again, even when He fell many times, on the Way of the Cross!),
- by praying especially to the Holy Spirit for those virtues, and never be discouraged, even when faced with the opposite vice, and by being inspired by the many saints, who went through the phases of vices, but were ultimately able to conquer, and live the virtues.

Tensions, worries, and problems of life constantly disappoint us. Even our striving to improve our spiritual lives (and the feeling of failure to do so) discourage us!

But the Lord constantly tells us...” Come to Me!”. “Never, ever get discouraged, My Child!” Let not the anxieties of our life dishearten us, Instead may the Invitation of the Lord – “to Rest in His Presence and to learn from Him” help us to always be at peace in life!

### **Let us pray:**

Lord, when my cross in life becomes too heavy, may I always look to you for help. May I, in turn, help others carry their crosses too. Open my heart to the pain that cannot be shared, to the fear that cannot be spoken, to those who face the darkness alone.

**Jesus, We Trust In You**