

Matthew 11 - 28

Come unto me, all ye that labor and are heavy laden, and I will give you rest.

Elijah Meditates

Perhaps for a few moments this morning we might consider what it means, that verse out of the eleventh chapter of St. Matthew. Repeat. It always strikes me that our church is a place of rest; perhaps we rest too much. Are we too content with our church's progress.

Do we find rest from the burdens and cares of the week. Do we rise refreshed from our morning worship and feel ready for another week or another day of business.

That word business. An old friend once said to me that she thought most people were so busy with their business that they had no time to sit still for a moment and rest.

Perhaps we are afraid to be alone with our conscience alone with the voice of God. Elijah did not find God in the fury of the wind, nor in the earthquake nor yet in the fire - but "after the fire a still small voice." God spoke to Elijah in the quiet after the turmoil. He speaks to us today if we will but listen, or take time out from the din around us and listen.

How often do we find ourselves envying some person for their poise, serenity and judgement. I can remember an accident on a highway wherein several cars were involved and several people hurt. The most calm and collected person there was an acquaintance who was known for his meditation and bookishness. It was largely due his thoughtfulness and quiet directive help that no one was fatally injured. In the midst of charges and counter charges as to ^{who} was in the wrong this man stood out like an island in a storm tossed sea and when there came a lull in the bickering his calm voice suggesting that the injured be looked after first and the blaming last brought instant response from everyone.

We are in such hurry today. We have so many things to do and so little time to do them in. We phone our neighbors instead of dropping over to see them. Perhaps if we did the latter we might find they needed the help which they were too proud to ask for over the telephone. We climb in our cars and drive like crazy to see some wonderful spot and totally ignore the beauty that is at our own back door. Story of Point Park, a man from Ontario.

TAKEN FOR
GRANTED
INSTEAD
OF
GRATITUDE

We take so much for granted. I can well remember talking to an old Chinese friend. We were speaking of farming and its many difficulties. I have often thought of this man's words to me at that time.

"You people in Canada have so much. So much of everything. Why take yourself, if I had just five acres of the rich land you possess I would be a very wealthy man in China and you have three hundred and twenty acres!" This was no envious answer just a statement of unanswerable fact.

We grudge and complain, form unions in order to get more attention or more this or more that. Yet when one group of humans get more something groups has to take less. We're still to hear of a Union being formed to give something. Christianity was supposed to that but is slow in measuring up to the ideal.

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We are in such a hurry! "Take time to be holy, speak oft with thy Lord" may be all very well for the other fellow but not for us. So many times one finds oneself so rushed that there is no time to take time. Then something happens, illness or accident and we are temporarily laid aside. So our

arrangement our little world rolls along quite well without us. Perhaps that makes us feel blue and like Elijah feel we are really not needed. Then in periods of enforced quiet meditation comes the still small voice "I have need of you, you are part of my plan without your help my plan is imperfect. Elijah felt that all was lost and yet in obeying the still small voice of God he found that there were still enough believers to fulfil God's purpose.

How often have we started on a seemingly impossible job. Something keeps driving us on through the wind and storm and earthquake of indecision and the fire of failure, then when we stop and rest for a moment comes the still small voice and suddenly we have the answer and the work is completed.

So many times we wish we could guide youth past the pitfalls we stumbled into only to find resentment as our response. Yet I remember an old friend in his vocation who could draw youth to him as iron to a magnet. Why? Because he presented life to them as an adventurous challenge which had to be met with every

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faculty God had endowed them with. No security here, but a challenge sustained by a faith that life was worth living worth risking all for. In other words he had learned the knack of making us meditate on the meaning of life. He gave many of us a totally new philosophy of life and though he took nothing out of life he left behind

REST FOR THE ANSWER: When we both became tired he would say. "We'll take a rest from that for a while and the answer to what we want will come. It always did."

Jesus bids us come! — Come unto me, all ye that labor and are heavy laden, and I will give you rest." Here in the words of Jesus is the answer to the rush and madness of our worldly life. We have to make the first step. Jesus has already made his, now it is up to us. "We are to come to him. Jesus is truth. In our hurry and scurry to find an answer to our human problems and in our quest for truth Jesus offers us the answer. He asks us to accept his challenge and offers us a reward the peace that passeth understanding."

Can we take time out to answer Christ's call. To rest awhile with him. We do so

REST
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much for our bodies that we sometimes neglect the spiritual side of our lives. The doctors tell us if we wish to live we may have to take a long rest. We do so in order to prolong our life to preserve our bodies for a few more years. When the final call comes we cannot take our bodies but we do take the spirit that side of our living that we have ignored and neglected for so long is the only ^{part of us} ~~thing~~ that passes beyond the grave. By taking time out to look around us, enjoy the things God has given us, by learning to appreciate all his wondrous works thus do we grow in spirit and growing in spirit we are able at last to cast aside our weary burdens of worry and indecision, our deceitfulness and petty jealousies and find rest and peace with Christ who is ever among us waiting for us to accept his offer and come.