

July 5, 2024

Daily Reflections



Center for Spiritual Development

FIND REST IN THE LORD

By Alicia M. Rodriguez

Today's Gospel Acclamation

*Come to me, all you who labor and are burdened,
and I will give you rest, says the Lord.*

MATTHEW 11:28

Reflection

A few years back I found myself overwhelmed with the burden of not being able to say no to people. That led me to be part of 12 different ministries scattered throughout several parishes in the county. I remember thinking to myself, “How can I be so involved in these ministries, and yet feel so empty and far from God?” I was in a state of desolation.

While in that state, I found myself going to Panama for World Youth Day. Each day we had different keynote speakers that gave us some catechesis in the mornings. One of those mornings, our speaker got food poisoning and didn't

show up, and they asked one of the bishops who was chaperoning a group to lead. After refusing several times because he didn't feel prepared, he went ahead and led the talk. He told us that he was in a state of desolation and that's why he initially refused. The bishop then talked about how sometimes it's okay to serve in a state of desolation -- but we must also learn to take care of ourselves by making sure we are feeding ourselves spiritually. After all, you can't fill an empty cup with another empty cup.

That bishop inspired me to go back and focus on those practices that had always brought comfort and rest to me, which included the Ignatian Spiritual Exercises, the Servite rosary, and weekly adoration visits where I practiced sitting in silence and listening for what God had to say.

It was in those moments of sitting in silence that I was able to find peace and rest. I often spoke to God about my inability to say no to others, and He sent people and resources that helped me find a way to say no without feeling guilty. Through taking my burdens to God and sitting in silence to hear His voice, I found rest and relief. I was able to find a balance, and I found what works best for me in those times. Everyone is different, and what may work for some may not work for others. I tried many things before I pinpointed a routine that brought rest to me.

I encourage you to find what brings you rest and brings you closer to God. Allow God to take care of you in times where it seems like there is no light at the end of the tunnel. Remember Matthew 11:28-29, where Jesus says, *"Take my yoke upon you and learn from me, for I am meek and humble of heart; and you will find rest for yourselves. For my yoke is easy, and my burden light."*



Holy Hour - St. Michael's Abbey, CA
Photo by Alicia M. Rodriguez

For Pondering

- Think about a time you felt overwhelmed and overburdened. How did you find rest and peace?

- Find a place that brings you peace. Sit and spend time conversing with God. Let God know what weighs heavy upon your heart.

For Prayer

*Grant me, O Lord my God,
a mind to know you,
a heart to seek you,
wisdom to find you,
conduct pleasing to you,
faithful perseverance in waiting for you,
and a hope of finally embracing you.
Amen.*

ST. THOMAS AQUINAS

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