

## Experiencing God's Presence

with  
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*Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly.*

-Matthew 11:28-30 (The Message)

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# WOMEN *Engage*

  
DENVER SEMINARY.



## **REFLECTION**

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### **PAUSE**

- Slowly read Matthew 11:28-30 and/or sit with the image on the screen.
- What word or phrase stands out most to you?
  - Give yourself permission to curiously hold what arises, wondering instead of analyzing or trying to fix.

### **REST & RECEIVE**

- Where do you feel weary and burdened right now?
- What keeps you from stopping to rest in God's arms?
  - Share your answers honestly with God.

### **LEARN**

- Ask God for renewed insight into an aspect of your life these days that feels weary and burdened.
  - What might God want to reveal to you about the unforced rhythms of grace?
- Ask the Holy Spirit for guidance into what keeping company with the Trinity in this area of life could look like right now...
  - It could be a word, a phrase, an image, even a follow-up question or sense of your next step.



## **Gifts from the Community**

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*NO other yoke is light or easy. The yoke of my own expectations, of my loved ones, of my work. Jesus offers me a yoke that is not a burden. Whose yoke will I take on?*

*I appreciated a new way of doing, and "being"*

*The photo caught me totally off guard, it was like I tripped and fell into God's embrace. I so appreciated seeing in this picture that I am not in control, I do not have to figure out life in COVID. I rejoice in God's embrace and snuggle deeper in knowing that God has it all in his control.*

*I needed this so much today. Slowing down into God's rhythms for me and not my own.*

*I related to the mother lion immediately. I realized I am striving to keep everything "going" and I have to be on top of everything. I asked God to allow me to be the cub and not the mother -- to allow Him to lead and not me. I know that is His heart's desire, too.*

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*Holy Trinity, we ask for the courage to continue to come to You as we are, trusting in Your compassionate kindness. We pray for a renewed sense of Your presence that goes with us and brings us rest. And we ask that You would guide us into Your invitation to keep company with You—teach us to live freely and lightly together. In Your precious name we pray. Amen.*

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## **RESOURCES**

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- [Pray as You Go](#) (daily prayer app for Apple and Android)
- [COVID-19 Retreat](#) (guided, virtual retreat)
- [Prayer: 40 Days of Practice](#) by Justin McRoberts and Scott Erikson (book)
- [Common Prayers During Pandemic](#) (PDF collection of prayers for this season compiled by Cari Jenkins)