

Commentary on the Gospel for Sat, Feb 4th 2017

Sometimes, it's one of those days. People needing time and attention nonstop. More and more requests as nothing gets accomplished on the to-do list. When that last person shows up at my door as I'm trying to get at least one thing done as night closes in around my office windows. The student says: Oh, I'm so glad you're still here. I really need to talk to you. And so we talk.

I am lucky enough to love what I do. On days like this one, I take a deep breath and keep going. But we all need repose, a break, some time to gather our thoughts and our energy. In the Gospel, Jesus tells the apostles to come away for some rest, but the people followed them, so no rest, at least this time, for Jesus or the apostles. But it was a good idea.

In our often busy lives, though, we need to make time for ourselves and that can be perfect time for prayer. It can be as simple as a deep breath where we take a moment to be grateful for what we have. Where we ask for help with what we are struggling with. Where we ask for help in understanding and being present for others. I need to remember to try to schedule these breaks into my days – just a few minutes to breathe deeply and to pray, to open myself up to God and to remember to find God in all things, even in that to-do list that seems to march endlessly on.

The first part of the 23rd Psalm offers a good starting place for those breaks. “The Lord is my shepherd; I shall not want. In verdant pastures he gives me repose. Beside restful waters he leads me; he refreshes my soul.”

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