

There is a running joke in our family about an aunt of mine who always worries almost about everything. And when she has nothing to worry about that then becomes a worry. Compare that with my mother who worries almost about nothing and that's a worry too. I suppose worrying is good because it shows that we care and makes us careful too. But if worrying becomes constant and intense then it can become stress. Stress happens when there are tensions, pressures, threats or demands. These tensions, pressures, threats or demands can come outside of you or from within you. When we are stressed we obviously feel anxious, uneasy, fearful, tensed or panicky. Most stressful conditions can cause damage and dysfunction to our body to our mind and to spirit. There are so many things that we worry about everyday...at work, at school, taking care of the family, cleaning the house, organizing a party or the constant thought of an illness affecting us. In effect most of us are affected in one way or another. This continued stress can lead to depression which can lead to all sorts of issues that can destroy our sense of purpose of life.

From the Gospel we learn that Jesus' ministry in his own province of Galilee has been largely unsuccessful; it is stressful not being accepted and looking like a complete failure but this is something Jesus comes to accept as the will of the Father. Jesus is able to face the failure of his work and the pain that comes with it because his inner purpose is to do his Father's will. He has something to fall back on. To face failure and our everyday pain with no inner resources is to face an empty self. But Jesus sees in his failure and unacceptance a particular wisdom: that his Father is making a positive choice to reveal his truth to the little ones, while hiding it from the legion of the self-important.

Jesus' words today come to give us courage. "Come to me, all you who labour and are overburdened, and I will give you rest. Shoulder my yoke and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. Yes, my yoke is easy and my burden light."

Jesus does not deny the existence of suffering nor does he promise to do away with it; but he refuses to let our daily burdens to drag us down to the extent that we lose sight of the purpose of life. Our burdens can make us broken people but the good news is that Jesus offers all us an invitation: "Come to me... learn from me... and you will find rest for your souls." Jesus makes himself the one who will

assist us in making our burdens light so that we can find rest. He is the Wisdom of God, and personal fidelity to him will be the source of life to the true disciple. God has chosen Jesus to be the one who enshrines the fullness of revelation and who embodies the love of God.

Today Jesus invites you and me to place our burdens at the foot of his cross. If the cross has the ability to carry the sins of the world, it surely has the power to lift me up from my pains, sufferings, loneliness, depressions, anxiety and all my burdens. It is only in Jesus that we can find complete rest for our souls from the cares of this world, from the sorrows that drag us down and from the need to be accepted by all. Jesus gives us an offer so that we can be refreshed and find the joy and purpose of life again. 1st Corinthians Chapter 18; are you tired, are you wearied, are you stressed, are you depressed? Jesus Christ is giving us an offer to come to him to find rest. Let us not miss this opportunity. So, let us take our burdens to him and we should offer them to him. We should talk to him and listen to him in prayer. We should have the courage to call upon him and say, "Jesus, this is too much, I cannot carry it anymore, please help me. Let me offload it at the foot of your cross" and then you can hear him say to you, 'come to me, my child, I love you. Find your rest in me. You will be safe in my care.'