



Journeying mercies  
through this season,

*The Worship Planning Team,*  
JBUC MEDITATION PRACTICE  
Week Four

You are given rest  
whether you feel it or not.  
Set down your burdens. Follow the voice.  
This is faith -- not that you believe  
but that you come.  
Be with the One who wants you.

Give in.  
And if it seems too vain a hope  
that there actually is anybody there,  
just live as if it were true.  
Try on the yoke of love,  
and know that you are yoked.  
Bear the burden of light  
and know it doesn't come from you.  
Watch for the one who learns beside you.  
Seek whatever presence in the world  
might say such words as these,  
and you will meet the one who does.

- Steve Garnaas-Holmes

**Ancient Word:**

**Come to me, all you that are weary and carrying heavy burdens, and I will give you rest. Take my yoke upon you and learn from me; for I am gentle and humble in heart.**

- How do these rich and ancient words rise up to meet you in your life in this particular moment?
- Invite / allow these words to echo in the chambers of your heart, your mind, your soul.
- Carry these words with you throughout the day and even into your night, allowing them to seep deeply into you and become part of your very being.

*We turn to old words because sometimes it is old words  
that hold the deepest comfort and the deepest challenge - Padriag O' Tuma*