

“Made for more than busyness”

Scriptures for today: [Luke 10:38-42](#)

Busyness is something I began to feel overwhelmed by right before the COVID-19 virus hit this area. Although, I recognized my plate was getting too full, it was really hard for me to identify what to drop. All the things I was doing felt meaningful. They filled my time with either work, church, or friends. But what I found in reflecting is that if I am busy, I feel like I am being productive and useful. Why is this? Well typically the people in my life that I have really admired are busy and often times busy with really meaningful work or at least doing something to care for others. I have strived to do the same, but what I have found, is sometimes when you get caught up in hard work or busyness, even when it is good and true, you can let it begin to assign a person value. In this case, I was letting my busyness or productivity assign me value. A slower pace has been an important reminder that it is good to rest in a moment with God, with loved ones, and with nature. You might even begin to notice a few things you fail to see when you are busy. So let's rest. Rest in a new reality. Rest in a way that rejuvenates you and know that this is still valuable. That you are always valuable.

Morgan Harper Nichols- *All Along you were blooming: thoughts for boundless living*

Amidst all the pressure
to keep going and to keep going,
may you also take time to learn the art of being,
being loved,
being seen,
being in the presence
of the One
who calls you
to rest.

For beyond your accomplishments
and your calendars, and your lists,
you were made with purpose and intention
to reflect Glorious Light
and to abide in Love
that reminds you
even in the pause
you are still
where you need to be.