



Cherish All Children

Pray + Educate + Connect + Act

Wednesday Prayer

Ninth Sunday after Pentecost

Rest a while.

The apostles gathered around Jesus, and told him all that they had done and taught. He said to them, "Come away to a deserted place all by yourselves and rest a while." For many were coming and going, and they had no leisure even to eat. And they went away in the boat to a deserted place by themselves. Mark 6:30-32

I think sometimes we get so engaged in doing good things and serving others that we forget to take care of ourselves. Maybe it seems selfish to put our own needs first, but Jesus knew that if we don't take care of our own emotional and physical selves, we won't have the energy to effectively help others.

You can send yourself to that "deserted place" by taking some time out daily for personal meditation, reading, exercise or whatever renews your sense of well-being. When our daughter was a teenager, I was somewhat astounded to learn that she enjoyed the times she had to leave the cell phone behind when she went to camp or on a mission trip. It was hard to imagine that she would welcome a break from her 24/7 devotion to constant connection. It took another organization's rules to help her experience the benefits of unplugging.

Many of you go on vacation at this time of year. You leave your work, your home and your neighborhood and go somewhere else to put all that stuff behind you. We need this time for retreat and the ensuing regeneration of energy and spirit. A friend of mine just started meeting with a Spiritual Director. In their first meeting, he emphasized prayer and quiet time "just for you." Not reading a prayer or scripture with an eye to "how can I use this in my work," but "just for you."

My hope for you is that you enjoy every minute in your deserted place (whether it's in your head or is an actual physical location) and that you come back rejuvenated and ready to join us in the ministry of protecting our children from sexual exploitation. They deserve to have your full, newly refreshed attention and devotion.

God of all humankind. You have always looked after our best interests. Show us how to take care of our hearts; and guide our hearts to be filled with vitality and passion. Protect your little ones from those who would harm them, and help us construct a safer, healthier world for them. In Jesus' name, Amen.

Today's Wednesday Prayer was written by Ginny Rudloff, former Cherish All Children Prevention Coordinator, now retired volunteer working with her home church...and resting ☺.