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Tired?

Fr. Randy Roche

Loyola Marymount University

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Tired?

We need rest when we are tired, rest that is restorative. But there are some forms of being tired that require more than a brief time-out, or even a full night's sleep. Some of our tiredness must be healed in its roots before we can rest. We might have to deal directly with our restlessness, by turning to God.

When we wake up at night even though we are tired, and cannot rest, we might grow progressively more anxious. We can resort to medications, which at times are helpful; we can also go directly to God, and engage consciously a process of healing.

We still need rest because we are tired, but more is required. A personal relationship so that we can know that we are loved we can experience help and change and healing for our hurts. We grow weary of some challenges, and we can "lose Heart" as well. When we grow tired in these ways, we need direct contact with God Our Lord more than we need sleep.

Sleep is not always rest-providing. If our spirits are disturbed, we will remain tired – "restless" is a good and honest expression. In such needs, we do better for ourselves to turn to the Lord with our tiredness and fears, doubts, anxieties, and whatever is turning over in our minds and hearts. Healing before rest is the need. God is happy to use occasions of difficulty for us to grow closer. Like two friends who "bond" while dealing with a common challenge. We are not alone in the difficulties we have to face, even if there are no humans to whom we can turn.

Especially when we are tired and cannot take care of our own needs do we have opportunity to grow closer to God by "coming as we are" rather than how we would want to be. If we are tired and need a rest, when we are disturbed, or hurting, it does little good to try to think our way out of such feelings. We need to be understood, accepted, and find inspiration for thinking positive thoughts, new options, and then we will find rest for our souls.

Jesus is meek and humble of heart – this is not a power move, dealing with tiredness. We cannot force rest on ourselves or anyone else. But we can deal honestly with whatever is really going on – maybe use a prayer time to investigate, consider just what is bothering us, so that we enter a healing mode. We do not have to solve everything by

thinking. A lot can be accomplished by bringing honestly and truthfully to the Lord, whatever is going on in us.

Inspiration enables us bit by bit to find our way through. We can do discernment, and pay attention to the guidance that God provides, whereby we recognize thoughts that are taking us down, and thoughts that are consonant with the healing process. Which does God want for us? Healing, of course. This does not take away the challenges and the pain, but enables us to work through our tiredness to a place of integrity where we can let go, and so rest. We cannot rest by pushing. We have to let go. And not control a process any more than we can force our bodies to heal. We do what we can to assist a process of healing. And so with hurts to our spirits, our feelings, we need to let go.

Let God be God and work with and for us.