



Proper 9, The Fifth Sunday after Pentecost  
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July 5, 2020

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Before we take a moment to think about the scriptures, let's take a moment to think about the lighter side of quarantine life.



*"But I don't remember what life is like out there."*



*"O.K., in three . . . two . . . one . . ."*



*"New month, everybody! Who wants to turn the calendar page?"*

In our teaching from Jesus this morning we hear these famous and beautiful words of comfort: "Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest." Those are deeply profound words for us as we trudge into our fifth month of struggling with a worldwide pandemic and the disruptions to normal life that it has brought with it.

Notice first of all what Jesus does not say: he does not say that life will be carefree and easy, without burdens. He acknowledges, knows, and understands that life lays heavy burdens upon us – burdens that weary and weaken us, burdens that strain our relationships with each other and with God. Jesus does not promise the end of burdens, at least not now, on this side of the life of the world to come.

What Jesus does offer us is rest and a chance to transfer some of the crushing weight of this life's burdens to his shoulders, so that we do not walk alone and do not carry the weight of the world on our shoulders by ourselves.

What would that look like? There is an image that many spiritual giants through Christian history have used – it is the image of the mountain and the storm. When a storm rages around a mountain the mountain is affected. Rains pours down on its surface, the winds howl through its canyons and crevices, and snow may accumulate on its peaks. And yet, the mountain itself is not really harmed by the storm. It takes far more than mere weather to crack the foundations of a mountain. Even if there is some erosion and wearing away of the mountains surface, that wear and tear affects only the smallest percentage of all that the mountain is.



So it is when our lives are rooted in Christ. Weather comes and goes, the struggles and burdens of this life fall upon us like rain. But because we are founded on the rock of Christ we are not destroyed or swept away. We find the strength from within God’s gracious love for us in Christ to weather the storm and come out safe on the other side.



To be like the mountain we must pause the rush of life. We must step away from the roar of the TV, racing rush of our thoughts of panic and anger, and we must breathe deeply of the Holy Spirit of God. We must find the place of quiet in our home, on our back

deck, or out in the forest where we can become quiet and hear the voice of Jesus speaking to us. Where we can hear the voice that says

You are included in God’s life. You are as beloved as the Beloved Child of the Father. The voice that says “Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest.”

Amen.