

APRIL



Tuesday

Come to Me, all who labor and are heavy laden, and I will give you rest. Take My yoke upon you, and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls. For My yoke is easy, and My burden is light.

**Matthew
11:28-30**

Busy, Busy

Gina threw herself onto the couch. “Whew!” she said, putting her feet up.

“Don’t put your feet there. Mom’ll yell at you,” said her sister automatically. “What’s wrong with you anyway?”

Gina sat up and groaned. “I’m totally wiped out. First, I have to do hours and hours of homework, then I have band practice, and then there’s that group project for social studies. And on top of it all, I have to go do a service project this Saturday. I don’t know how I’m going to survive, Alison.”

Her sister chucked a pillow across the room at her. “Poor baby,” she said. “No, really, I know how you feel, Gina. You should try being in high school.”

“You mean it gets worse?” Gina groaned. “What do you do about the stress?”

“Well,” Alison said thoughtfully, “I just do the best I can. But sometimes, when I just can’t stand it anymore, I go for a walk and talk to God about it. I mean, the same thing happened to Jesus, didn’t it?”

“You mean with all those people following Him around?”

“Well, yeah, even in the last week of His life. He barely had time to eat. He must have been exhausted. And He knew He was going to die for us soon. But He still wanted the people to come to Him. He even invited them to come, and He promised to give them rest. So I figure He can give me rest too.”

“Sounds good to me,” said Gina, closing her eyes and collapsing against the cushions. “I’ll ask Him to help me too.”

Journal:

When you need a break, where do you go? What do you do? Thank God for that place or activity, whatever it is.

Pray:

Lord, when I’m tired and have way too much on my mind, please be with me and help me. Amen.

K. V.