

## Pastor's Notes

July 2025

Everybody, everybody! has an inner self that is impossible for us to see with our eyes. All of us have had burdens in life and struggles that we hide deep inside. We hide them for various reasons. Maybe we are ashamed of something we did that we struggle with daily. Guilt and shame are strong forces that can linger for years. Maybe we are grieving over a loss of a loved one. That pain stays with us and perhaps is difficult for us to share with others. We tell ourselves, "others, certainly would not care about or understand the depth of my pain." How about financial or marital problems? Maybe we are concerned for our children or grandchildren.

There is always something that we can't see with our eyes, or sense about another's internal struggles. Not only are others struggling with burdens of life, but we are as well. Where do we direct others? Where do we direct ourselves? Isaiah 61:3 tells of strong oak trees. "Oaks of righteousness," the scripture refers to. But after the recent storms in Bemidji where oak trees were snapped like twigs. Being like an oak tree may not always be the best medicine for internal pain. Where do we find rest for our souls?

Jesus again is the answer. Matthew 11:28-29, "Come to me all who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls."

Jesus is ready and willing to take our burdens. Talk to Him soon!

A handwritten signature in black ink, appearing to read "Will". The letters are stylized and connected, with a large "W" and a smaller "ill" following it.