

May 12 to 18

Essen District

Come to me, all you who are struggling hard and carrying heavy loads, and I will give you rest.
(Matthew 11:28 CEB)

Genuine recovery

If you've ever gone through physical and nervous exhaustion, you'll know what it's like to feel weary and resigned, tired and uninspired, lacking in confidence and in a perpetual bad mood. It's a combination that acts like spiritual or non-spiritual knock-out drops. I must admit I sometimes find myself getting closer to this state than I would really like. It's probably to do with the way I'm made, on the one hand wanting to achieve so much and on the other hand, being impatient and putting myself under pressure. Often enough this just makes me want to flee – wouldn't holiday be wonderful just now – or I get depressed. I've already been through it all, when I went through burnout a few years ago.

What Jesus is offering us here is more than just a "quick break", more than just "taking things easy". Sure, that may help. But I need more. I need the kind of rest that

only Jesus offers. It has the effect of bringing calm into chaos. That feeling of being accepted, sharing fellowship with someone who listens and offers inspiring new views, not having to achieve anything but still being sought-after, only having to give what you really have. Being appreciated without having to be useful. Thank God I have friends who give me this. And thank God I have a Lord who practically "invented" this kind of rest: Jesus. My friendship with Him is like a bridge over troubled water.

Stefan Kraft

Contact: stefan.kraft@emk.de
Translation: Jacqueline Rohmann

I GIVE THANKS

- for the friendship Jesus offers me.
- for people who surround me with this "quality of the Kingdom of God", thus giving me a new perspective.
- for churches with an inspiring atmosphere.

I PRAY

- for pastors and other church workers who are under so much pressure that they can scarcely experience this freedom.
- for the courage to free each other from excessive expectations and to encourage each other "just" in this way; although it may not seem to serve attainment, in fact it is the very first goal
- for a change in the mindset of many people inside and outside the church: "value" is a gift, not a service.

Essen District

Essen District in the EmK covers the state of North Rhine-Westphalia, Northern Hesse and a small part of Thuringia. The 34 churches have altogether 2,800 professing members organised in 17 circuits. Stefan Kraft has been superintendent of this district since September 2018.

Contact:

Essen District
Superintendent Stefan Kraft
Tybbinkstraße 33
44319 Dortmund

Tel. 0231 523950
E-Mail: distrikt.essen@emk.de