

Sermon 5th July 2025

For my yoke is easy and my burden light

So he told a lie.

Then came across a circumstance that contradicted his deception

So he told another lie

Then implicated someone who was innocent of the whole event

So he told a different lie to an independent third party

This lie he thought quite neat until he was asked for further detail

Avoiding that conversation he pushed his opinion into another deception

Now avoiding different people for reasons he could not remember

It was exhausting

The truth so much more simple

For my yoke is easy and my burden light

Lord grant me the courage to change the things I can change

The serenity to accept the things I cannot change

And the wisdom to know the difference

So she dreamed of looking so very different

The beauty she had not the appearance she wanted

So she paid for the most expensive hairdresser she could not afford

Constantly hungry she craved only the unhealthy

Never happy with the cloths that never fitted

Always chasing the fashion that moved at such a pace

Growing older and no wiser

Painting pictures on her skin that no one else could see in the same way

It was exhausting

Her humble beauty so much more wonderful

For my yoke is easy and my burden light

Lord grant me the courage to change the things I can change

The serenity to accept the things I cannot change

And the wisdom to know the difference

So he never stopped and thought and prayed

His life one flowing cascade of chaos

Events unconcluded with consequences that got in the way

Relationships that dashed from exhilaration to pain

Appointments made mostly missed

Bills and obligations oppressing the mind

Seeking someone to blame

And running , running, constantly running

It was exhausting

The silence of prayer so necessary

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