

Our Lady of Lourdes Wind Down Pre-Retreat Questions Week 3

Hi Lourdes!

I look forward to being with you in a few weeks for Notes of Rest. Notes of Rest is a Spirit-led ministry that invites the weary to practice God's gifts of rest played in the Bible and Black music. As we prepare to rest together in God on March 16th, I'll be asking you a question a week as pre-work for the retreat. Think of this as a wind down, just like you wind down for bed. May the Holy Spirit draw you into the kind of reflection that opens onto life for you and for others.

Question 3: Who else in your care needs to rest too?

Core to the logic of rest in Scripture is the idea that rest is a communal practice. We should be invested in the rest of others. There are versions of Christianity and consumerism that prioritize thinking primarily about our own restfulness yet not being terribly concerned with others'. But as we'll see, the notes of rest that God plays in the Bible and Black music call us to think more communally.

Practice: Write out who else in your care needs to rest too. Maybe it's a relative who just never seems to slow down. Maybe it's the earth, crying out because of how we exhaust her so. Maybe it's the unhoused people living near you. Maybe it's your children, who don't know how to rest because they have never seen it modeled by you. Whoever it is, pray over this list of people.

Listen: [Inner City Blues](#) by Marvin Gaye.

abundantly,
Julian