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Keep Going

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Keep Going

<https://www.youtube.com/watch?v=23ljyFcV91E>



Come to me, all you who are weary and burdened, and I will give you rest.

MATTHEW 11:28-30

I woke feeling as if I'd been hit by a Mack truck—figuratively, of course. The ranch had been bustling with four wonderful guests, and staying up late talking each evening had finally caught up with me.

The expression "hit by a Mack truck" dates back to World War I, when rugged Mack trucks earned a reputation for strength and durability as they hauled supplies to the front lines. Over time, the phrase became a colorful way of describing overwhelming exhaustion or the feeling of being completely flattened.

That was exactly how I felt.

When weariness settles deep into our bones, our instinct is often to push harder. But sometimes the wisest response is to stop fighting, scale life down to the next small step, and rest.

For me, those steps were simple: pause, lower my expectations, and ask for help. Admittedly, I'm not very good at the last one.

So I turned to the One who has never failed me. I put on worship music, wrapped my hands around a warm cup of tea, and quietly asked God for the strength I didn't have. As I listened, I stumbled across a song by Rachel Purcell I'd never heard before.

"I've been knocked down a million times... Every time I fall I get up again... Don't you know I got a Friend... I can hear Him say it again... If you're wanting to win... Keep going!"

Something shifted inside me. I laughed and called across the room to my two kitties, "That's it! With God, we're just going to keep going!"

Jesus reminds us in Matthew 11:28-30, "Come to me, all you who are weary and burdened, and I will give you rest." He never intended for us to carry every burden alone.

Later, I slowly made my way downstairs, determined to mow the lawn and trim around the property, even though I had little energy left. I knew I'd need God's strength. Instead, God answered my prayer another way.

My guests insisted on doing the work for me. While I prepared breakfast, they headed to the barn, started the mower and weed eater, and cheerfully finished in a fraction of the time it would have taken me.

Tears filled my eyes as I listened to the sound of those machines echoing across the green grass.

They had no idea I'd prayed only hours earlier for strength.

God simply sent it through willing hands.

Closing

Some days God gives us strength to keep going. Other days, He sends someone to carry the load for a while. Both are answers to prayer.

If you're weary today, don't be afraid to pause, to ask for help, or to receive the kindness God places in your path. His grace often arrives wearing work boots, riding a mower, and reminding us we're never meant to walk alone.

Karen Good

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