

The logo is a circular emblem with a red outer ring and a pink inner circle. Inside the pink circle, the text "church of ireland" is in a small, white, sans-serif font, followed by "youth" in a larger, bold, white, sans-serif font, and "department" in a smaller, white, sans-serif font below it. A white cross symbol is positioned to the right of the text.

church
of ireland
youth
department



**So Overwhelmed -
A Christian reflection on**

BEAT SABRE

So Overwhelmed - A Christian reflection on Beat Sabre.

Jesus said: *"Come to me, all you 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. For my yoke is easy and my burden is light."*

Matthew 11:28-30

How did you feel playing the game? Did you manage to complete the level or did you get overwhelmed by the amount of objects flying towards you?

Life can often be overwhelming at times, think about your weekly life, how many things are you expected to do? Within school? Making sure work is done, keeping up with homework, keeping up with friends, trends online, fashion, and people's expectations of you. It can all feel like the fruit or the cubes flying at you and you can't get them all and some start to slip past you and overwhelm you with trying to keep up.

What is our response when we feel stressed and overburdened? Do we try to hide from it, pretend it's not real? Or do we attempt to push it down out of the way? How does that go? Do you manage to keep that hidden and pushed down? How much more can you push down before you can't push it away anymore?

Take some time to discuss with someone around you, how do you cope with burdens in your life?

What if we don't need to push away those things that overwhelm us, and there was a way we can release that pressure without it erupting in chaos around us?

In the passage that we just read we get our answer. Spoiler, it's Jesus! The first thing Jesus says in our passage is "Come to Me" We are invited to come to God personally; there is nothing between Him and us. God wants you, He wants you so much that Jesus died on the Cross just to prove it. Jesus didn't have to come to this earth and die, but God's love is so great, and He wanted us so much that He chose to come.

Let that sink in, take a moment to consider that. **YOU ARE LOVED!**

And because you are loved so much, God doesn't want you to be burdened with the weight of fear, anxiety, life. God wants you to flourish and find joy in the world.

I know that in my life when I try to do everything with my own strength alone it does not turn out well. When you are heavy-laden it is like your spirit, mind, will, and emotions can't function because there is this weight on you that you try to lift by yourself. It causes you to feel down, depressed, anxious, all those negative things that we do not want in life. So what does God say when we are weary? He will give us rest, and the best thing is He even tells us how and that is by taking His yoke (sharing in his strength) upon us and learning from Him.

How great is it that we can know that Jesus is always here to listen to us, and walks with us in our life to carry our burdens?



Action

Ask God today what is the first, small step for you to find God's rest and then do what He tells you to do. The process is different for everyone because you are different than everyone. Let God show you the best way and then be thankful when He gives you those first steps.

You might find the following Christian Apps helpful : One Minute Pause or Lectio 365. They are both daily reflections and prayer on the Bible aimed at bringing us closer to God and deeper into his rest.



Prayer

Whenever we are fearful, we can go to Jesus, he will always listen to us, and when we share with him our fears, I often find that whilst the fear is real and still there, that weight is lifted and I know I am supported by him and can face that fear.

Father, thank you that you are a loving God, thank you that you offer us your strength so that we don't need to be overwhelmed by the weight of things we face. Help us to look for you and your strength and peace in those times when we feel overwhelmed.
Amen