

Scripture Reading: Matthew 11:28-30

*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.*

I cannot remember if I met my husband in elementary school or high school, but I feel I knew him all of my life. We married when we were 25 and had our children when we were 31 and 34.

When we were 48, we went to our 30th high school reunion. We were out later than usual and were getting ready to leave when a friend asked him to dance with her. While dancing his heart stopped and he fell on the floor. Although I was there and with him, I have never been able to recall all the details. That night the rug was pulled out from under me. I had to go home and tell my teenage daughters that their dad was not coming home.

"Take my yolk." I believe that is what I did. I leaned on Jesus to help me get through the heartache and challenges that my daughters and I faced. People commented on my strength, but I knew it was not my own. Although those days, weeks, and years were long, I had faith I would be okay and I am.

(I have an actual yoke in my house. It reminds me I am not alone.)

*Prayer:* Dear Lord, please console all the widows and widowers. Stay by their side, ease their burden, and strengthen them. Give them hope to believe all is not lost and let them believe their own lives are not over.

~Submitted by Sandra Eyster for the First Reading of Lent.