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english

## Share what's hard for you!

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

(Mt 11:28)

Dear friends of go4peace,

when life suddenly becomes difficult, no one wants to be alone. We are looking for people whom we trust, who can endure difficult things with us and who can give us courage. How good does an evening walk or a late night call feel in which we can share what weighs on our souls. To be able to simply tell your story often means to get rid of half of the burden. Then someone carries our pain, our fears and our wounds, like Simon of Cyrene, who put his shoulder under the cross of Jesus and carried it with him. Jesus must have gratefully accepted this help, for he was at the end of his tether. He was able to experience what it means not to be alone at this moment. He offers us the same. He invites us: "Come to me, all you who are weared and burdened and I will give you rest!"

"I have to retake an exam on Friday and then a second one five days later!" I read in an early morning message from a young student who had left her home country for her studies. "These are the most difficult exams for me," she continues, "and because the new semester is already underway, I didn't have enough time to prepare well. I feel like a lost child, far away from my parents. I'm alone and I'm scared, because if I don't pass these exams now, it will be difficult to renew my visa!" I feel the burden of this young person and pray for her in the early hours of the day. Then I write a long message to her, attaching a photo of a tulip that has just opened in the sun. "Thank you for always listening to me and encouraging me. I'm so glad I can share everything with you," I read a short time later. – **Share what's hard for you!**

for the go4peace team

Meinolf Wacker