

Chaplain Reflection – Sep. 14-21, 2026
Chaplain Jeremy Eubanks

One of the things that can be so daunting in this work of public service is the relentless nature of it. While some days may seem more mundane than others, there is seemingly always something that needs to be addressed or someone that needs help or an emergency that requires a response. Even when you are off-duty, it can be difficult to unplug.

To that reality, I want to share a couple of scriptural encouragements. The first is *Galatians 6:9 - Let us not grow weary in doing good, for at the proper time we will receive a harvest if we do not give up.*

There are times where we need to be reminded to keep going. What you do is meaningful and necessary and there are days will that is exceedingly clear.

The second scripture is an invitation from Jesus is *Matthew 11:28 Come to me, all you who are weary and burdened, and I will give you rest.*

Jesus often withdrew from the demands of his schedule and took time to rest; not a vacation-rest. A time to breathe and re-focus on what mattered. He invites us to come to Him; that we will find a peace and a source of strength when we engage with him.

While my hope is that you will take him up on his invitation, I also invite you to follow his example and regularly prioritizing rest and refocusing on what matters most.

I'm praying for your refreshment this week. If you ever need to contact us, maybe just for a confidential prayer. You can call or text **816-726-7729**.

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