



What aspects of myself do I hide or suppress because I'm afraid of being exposed for who I really am?



"Come to me, all you who are weary and burdened, and I will give you rest. 29 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. 30 For my yoke is easy and my burden is light.."

- (Jesus) Matthew 11:28-30