

REST!

Mark 11:28-29

“Come unto me, all ye that labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls.”

We have entered a new year and many of us have not changed our ways, as we pledged, at the beginning of this year. We are still running to and fro with a spirit of busyness. Our anxiety and stress levels are incredibly high because we live in an age where speed is top priority. We take pride in accomplishing our mission and goals in the fastest time possible. We finish in record time only to take on more projects because we have more time. What about rest? What about giving ourselves a break? We rush from one project to the next, neglecting our health and our homes. We live in a perpetual state of hurry. God did not intend for us to live like this. Since the beginning of time, God set the example for a period of rest in our lives. Genesis 2:2 (KJV) says, “And on the seventh day God ended his work which he had made, and he rested on the seventh day from all his work which he had made.” It is clear that God ordained rest for his people. To not rest is a sin.

If we continue, in the spirit of busyness, for an extended period of time, without proper rest we become weary. What happens to us when we become weary? Our energy becomes depleted and we lose physical and mental strength. When we are tired we make mistakes. One definition of weary that resonates with me is bearing a too heavy burden for too long a time. If we do not make time for rest, weariness may become fatal. How many times have you heard someone say “they worked themselves to death!” God has given us the prescription for busyness. We are to cast our cares upon him for God cares for us. “God wants us to discover rest and refreshment for our body and soul.”

Almighty God, we come now asking you to remove the spirit of busyness from our lives as it has become detrimental to our bodies and souls. Give us the strength to replace it with your spirit of rest. Amen.

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