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Theme: Listen to God - Rest

Scripture: Psalm 62:1-2

“My soul finds rest in God alone; my salvation comes from him. He alone is my rock and my salvation; he is my fortress, I will never be shaken.”

A Thought:

Recently I was reading an article on the importance of slowing down and smelling the roses (to use an old cliché). The author was not talking about the obligatory annual vacation. His focus was plain and simple. His words, “Doing nothing...simply being.” For many of us this is impossible...there are not enough hours in the day to pull off the daily responsibilities that are wanting e.g., work, chores, church, parental stuff, family activities and paying bills. When I was raising a family, attending night school and working I found it difficult to just “plain” rest. Even the “fun” vacations were sometimes stressful. What does God say about rest? Genesis 2:2 (NIV) *“By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work.”* We are instructed to rest on Sunday. Very important, of course. Other than Sunday choose a day during the week and swipe some time to be quiet, to reflect, to read the good book or head for the back yard; lie on your back and watch the clouds slowly drift by. One of our church pastors related to me with enthusiasm that he enjoys sitting in his yard peeling an orange and listening to the gentle breeze as it travels through the branches and leaves. We have to take advantage of His Majesty’s handiwork (Psalm 96:11-12) *“Let the heavens be glad and the earth rejoice; let the sea and all that fills it resound. Let the fields and everything in them exult. Then all the trees of the forest will shout for joy.”*

Now....what are your thoughts? Write them down.

Talk to yourself:

- Do you find time for yourself?
- Is there quiet time with the Lord?
- What is the difference between being lazy and a good rest?
- What steps will you take to understand the importance of rest?
- Why is rest important?

Scriptures to read:

- Genesis 2:2-3; Matthew 11:28:30; Exodus 33:14; Joshua 21:44;
- Psalm 62:1-4g Psalm 147:7-8; Jeremiah 6:16; Hebrews 4:5-9; Isaiah 11:2

Quote: Sir John Lubbock, Englishman (Quotations Book)

“Rest is not idleness, and to lie sometimes on the grass on a summer day listening to the murmur of water, or watching the clouds float cross the sky, is hardly a waste of time.”

Bottom Line:

Careful now gents - don't confuse a much deserved rest with laziness...Proverbs 21:25 (HCSB) “A slacker's craving will kill him; for his hands refuse to work.” Rest will clear the cobwebs, slow down the rush, relax the muscles and will give you the impetus to enjoy the moment. Studies have shown that many creative folks have gained from their respective “rest” periods e.g....napping, dreaming, watching your kids play, hanging out in the back yard, being silent and many other things to numerous to mention in this writing. Suffice to say that many of your past and present achievements have been created due to a “rest” period. From the Greeks to the Hebrews the word “sa b a t” (Sabbath) means ‘to rest.’ Who are we to argue with God!

NOW.....THAT'S THE BOTTOM LINE.

Spiritual Dabbler, Your bro, Ray

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