

CrossWords

An Inspirational Message

Mark 2:23-28



Sabbathing

Everyday at naptime, one of my kids says, “I’m ready to rest my bones.” Just as a daily nap is crucial for the health and welfare of a young child, a time of rest is crucial for all living things, for the soil of the earth, the plants and trees, the animals and people that “in Him live and move and exist.” (Acts 17:28)

There is a divine rhythm to the way things work and a time of Sabbath is built into that design. The seasons are there for renewal. The nights are there for recharging. Like the Sabbath day of the week, these are times that are set apart as holy moments for rest. They are given to us and for us. Especially for those of us who are striving to fit more hours into a day than the universe will allow. These times of Sabbath provide a break from the repetition of life and the depletion of energy. Everything that lives needs replenishing. When we keep pushing and striving and forcing life to go our way, things will eventually break down. When we ignore the need for rest, dis-ease ensues.

It is crucial that we learn how to recognize the rhythm in our lives. Perhaps for you the Sabbath needs to happen every seventh day...or every seventh hour in your day...perhaps even every seventh minute. Take notice when your body needs a break. Take even more notice when your soul does. Practice shutting down and allowing God to take the reigns. It is hard at first, but once you get into “sabbathing” on a regular basis, you’ll find you cannot go without it. Maybe in these crazy corona-virus days there is a desperate need for rejuvenation. Let’s not lose faith that there is a holy power underlying all of this; a divine energy waiting to restore and recharge the life force that streams through all things.

I believe that every day, the gift of a Sabbath is being offered.

I believe it is always restorative.

I believe we can rest assured.

Come visit us at First Christian Church, we talk about things like that.