



## **Holy Rest**

Holidays are special – they give us time to do things we can't normally do because we're in work, school or in the usually busy run of life.

Holidays give us time to be with our friends and family, chill out, do creative things, visit interesting places.

We also might have more time to be in nature and notice God's amazing creation – we might love doing that without even thinking about it – spending time at the beach, swimming in the sea, playing with our friends, our dog, toasting marshmallows and seeing a shooting star.

We might have a real sense of happiness and thankfulness – and it's only a short step from there to a prayer of thanks – Thanking God for the blessings he gives us.

But sometimes on holiday we also have time for more thinking.

We're not rushing around so much, so we have time to think – and I want to give you my big revelation of the holidays

**Resting is good for you! Do more of it.**

If I'm more rested, I'm kinder and more compassionate. I can be more creative. I can work more efficiently.

"WE HUMANS HAVE LOST THE  
WISDOM OF GENUINE  
RESTING AND RELAXING.  
WE WORRY TOO MUCH.  
WE DO NOT ALLOW OUR  
BODIES TO HEAL, AND WE  
DON'T ALLOW OUR HEARTS  
AND MINDS TO HEAL."

THICH NHAT HAHN

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God gave us a good pattern. Right at the start of the Bible in Genesis it says:

And God blessed the seventh day and declared it holy, because it was the day when He rested from all His work of creation. **Genesis 2:3**

Remember to observe the Sabbath day by keeping it holy. You have six days each week for your ordinary work, but the seventh day is a Sabbath day of rest dedicated to the Lord your God. **Exodus 20:8-10**

Now the word Sabbath is interesting – it's a Hebrew word that means STOP. So once a week, God gave a STOP day and asked us to keep it holy.

When I was a kid, my Grandmother, who I called Mamgu, said that keeping Sunday holy meant not watching TV or playing cards. (If she was alive today she'd say no IPADs).

And I used to get a bit cross and bored.

But now I think that this holy stopping once a week, is about connecting with what makes us feel alive – stop running around and connect with people, creativity and nature. But also prayer. To make sure that as we experience the blessings God gives – friendship, life, food, beautiful sunsets – that we are thankful and take time to stop and pause and give thanks.

And then when we get better at doing that weekly, we start to bring a bit of Sabbath into every day life – STOPPING. NOTICING. PRAYERFUL THANKFULNESS. HOLY REST. Just a little, every day.

Jesus had quite a bit to say about rest:

The Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will give rest for your souls. For my yoke is easy to bear, and the burden I give you is light. **Matthew 11:28-30**

Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, "Come with me by yourselves to a quiet place and get some rest. **Mark 6:31**

Come to me, all you who are  
weary and burdened, and I  
will give you rest.

MATTHEW 11:28 NIV

So as the new term starts – with a return to work, new schools, new class, new decisions, new jobs... or a simply a return to the very old and familiar after the holidays – I pray that God will help us connect with him and find that Holy Rest.



Revd Sheridan's "Thought for the day" notes for this morning's Alltogethernow – Welcome Back Sunday service, 3/9/17.