

## Making time to Rest

### Maintaining good physical, mental and spiritual health

Pastor George Stahnke, 03/14/2004

Rest is important in maintaining a balanced healthy life. In our society it is common place to fill every moment with activity.

I'm constantly amazed by the number of people who can't seem to control their own schedules. Over the years, I've had many executives come to me and say with pride, 'Boy, last year I worked so hard that I didn't take any vacation.'

It's actually nothing to be proud of. I always feel like responding, "You dummy. You mean to tell me that you can take responsibility for an \$80 million project, and you can't plan two weeks out of the year to go off with your family and have some fun?"

—Lee Iacocca. *Leadership*, Vol. 17, no. 4.

#### God rested one day out of seven.

**Genesis 2:2 - 3 (NIV)** <sup>1</sup>Thus the heavens and the earth were completed in all their vast array. <sup>2</sup>By the seventh day God had finished the work he had been doing; so on the seventh day he rested<sup>e</sup> from all his work. <sup>3</sup>And God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done.

#### We are commanded to res.

**Exodus 23:12 (NIV)** <sup>12</sup>“Six days do your work, but on the seventh day do not work, so that your ox and your donkey may rest and the slave born in your household, and the alien as well, may be refreshed.

**Rest H7673** שָׁבַת *shābath shaw-bath'*

A primitive root; to *repose*, that is, *desist* from exertion; used in many implied relations (causatively, figuratively or specifically):—(cause to, let, make to) cease, celebrate, cause (make) to fail, keep (sabbath), suffer to be lacking, leave, put away (down), (make to) rest, rid, still, take away.

—Strong's Hebrew and Greek Dictionaries

#### Jesus took his disciples aside to rest.

**Mark 6:31 (NIV)** <sup>31</sup>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.”

**Rest G373** ἀναπαύω *anapauō an-ap-ow'-o*

From G303 and G3973; (reflexively) to *repose* (literally or figuratively (be *exempt*), *remain*); by implication to *refresh*:—take ease, refresh, (give, take) rest.

—Strong's Hebrew and Greek Dictionaries

# RENEWAL MINISTRIES

## of Colorado Springs

### Truett Cathy Is Closed on Sunday

When Truett Cathy left military service, he started the Dwarf House restaurant in Atlanta, Georgia. Since he lived next door to his restaurant, Truett worked virtually all day, every day—but he did not open on Sunday. Having become a Christian at the age of twelve, Truett felt that he could not be robbed of his day of rest. “If it takes seven days to make a living,” he often said, “I ought to be doing something else.”

By the 1990s there were over 750 Chick-fil-A restaurants in the U.S., all still observing Truett’s original “closed on Sunday” rule and many making better profits than seven-day restaurants next door.

**Ecclesiastes 2:22 - 23 (NIV)** <sup>22</sup>What does a man get for all the toil and anxious striving with which he labors under the sun? <sup>23</sup>All his days his work is pain and grief; even at night his mind does not rest. This too is meaningless.

People who cannot find time for recreation are obliged sooner or later to find time for illness.

—John Wanamaker (1838-1922)

Renewal and restoration are not luxuries. They are essentials. Being alone and resting for a while is not selfish. It is Christlike. Taking your day off each week or rewarding yourself with a relaxing, refreshing vacation is not carnal. It's spiritual. There is absolutely nothing enviable or spiritual about a coronary or a nervous breakdown, nor is an ultrabusy schedule necessarily the mark of a productive life.

—Charles R. Swindoll

**Psalms 127:2 (NASB)** <sup>2</sup> It is vain for you to rise up early, To retire late, To eat the bread of painful labors; For He gives to His beloved *even in his sleep*.

**Psalms 127:2 (TMNT)** <sup>2</sup>It's useless to rise early and go to bed late, and work your worried fingers to the bone. Don't you know he enjoys giving rest to those he loves?