



AN INVITATION TO REST

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Do you ever feel pulled in 101 directions? Are there times when you wish the phone would stop ringing? Ever wish you had a life of your own? Most of us answer yes to these questions; especially if we are in full-time ministry. The pressure never stops.

From time to time we get those attractive vacation offers in the mail or in our e-mail. The price is reduced, the opportunities for fun and games are so appealing. We think about how wonderful it would be to get away, but we can't right now; there is too much work to do.

Into the arena of life the Prince of Peace arrives and extends the most amazing invitation to rest ever to fall on the ears of mankind: *"If you are tired from carrying heavy burdens, come to me and I will give you rest. Take the yoke I give you. Put it on your shoulders and learn of me. I am gentle and humble, and you will find rest. This yoke is easy to bear, and this burden is light"* (Matthew 11:28-30, CEV).

As you rush from visiting in the hospital to an appointment with a couple headed to the divorce court, you long to experience the invitation extended by Jesus. You are yoked with Christ but He has to drag you because you are too tired to pause and share the promise. You are expected to be a spiritual Superman never needing a Clark Kent rest from duty.

Jesus practiced what He taught. On one occasion when people were swirling around Him, and what preacher wouldn't love to have a crowd anxious to hear him speak, Jesus responded to His disciples in a very interesting way: *"But so many people were coming and going that Jesus and the apostles did not even have a chance to eat. The Jesus said, 'Let's go to a place where we can be alone and get some rest.' They left in a boat for a place where they could be alone"* (Mark 6:30-32, CEV).

It is time we wake up and find time in our busy schedules to rest. God rested! The Son of God rested and taught His followers to rest. This break-neck society will rob us of peace, cripple us with activities, and smile when it looks into our cold face lying in a casket uttering complimentary words, "He sure was a faithful and tireless worker; he will

be missed.”

You must take time to rest and renew your energy. When was the last time you bounced out of bed full of optimism and energy to face the wonders and challenges of a new day, saying, *“This is the day the Lord has made, I will rejoice and be glad in it”*? (Psalm 118:24).

Instead of being chained to a **To Do** list why not have a **Not To Do** list. Instead of preaching rest and peace to others, put it into practice in your own life. Drop the “poor me” mentality. Obey Jesus by accepting His invitation to rest. And remember when you are resting you are in great company: GOD RESTED.

Use the resources on this site to help you in your quest to balance your life and ministry.