

Take a Break!

Scripture Reading — Genesis 2:1-3

God blessed the seventh day and made it holy, because on it he rested from all [his] work... Genesis 2:3 —

In my teens I enjoyed reading Alexandre Dumas's novels set in 17th-century France. Among other things, Dumas describes the express mail delivery in Europe at that time. A messenger would ride a horse to total exhaustion or even death; then he would get a new one and ride on, until he reached his destination.

As a city boy, I was shocked to learn that it's possible to ride a horse to death. I thought that such a powerful animal couldn't die from exhaustion like that. But my father confirmed it to be true.

This problem applies not only to horses, however. What do you say when people ask, "How are you?" Do you immediately roll your eyes and exclaim, "Busy!"? How does your calendar look? Do you have time for God and spiritual renewal?

We live in a world that pushes us to run faster and work harder. A businessman in Russia boasted to me that he was working so much that he barely had time for Sunday worship. "You really think you are stronger than God?" I wondered.

In the Bible we discover the God-ordained pattern of life. God labors for six days and rests on the seventh. During our journey of faith we all need regular time off to rest and be spiritually recharged in God's presence. So let's not skip the rest areas on our spiritual journey!

Prayer

Our Father, we need your wisdom to follow the healthy patterns of work and spiritual rest. Help us to stop running so that we can take time for you. In Jesus, Amen.

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Printed on August 8, 2020

