

Come unto me, all ye that labour
and are heavy laden, and I will give you rest.
Matthew 11:28

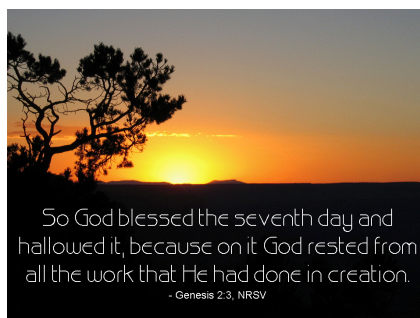
REST



THE IMPORTANCE OF RESTING

The Bible tells us how important it is to take time off our work to stop and rest. In the very first Bible story - the account of how the world was created - we read how God rested. The story describes how the world was created by God in six days and on the seventh day He rested.

Although most Christians don't believe the world was created by God in exactly this way, the account in the Book of Genesis does teach us some important truths. Christians believe that all things *do* come from God and that the author is teaching us to rest when our work is complete. Without rest we cannot continue to work to the best of our ability. We will quickly burn ourselves out. It is vital that we take time to unwind and recharge our batteries. That is what God did and what he wants us to do!



So God blessed the seventh day and hallowed it, because on it God rested from all the work that He had done in creation.

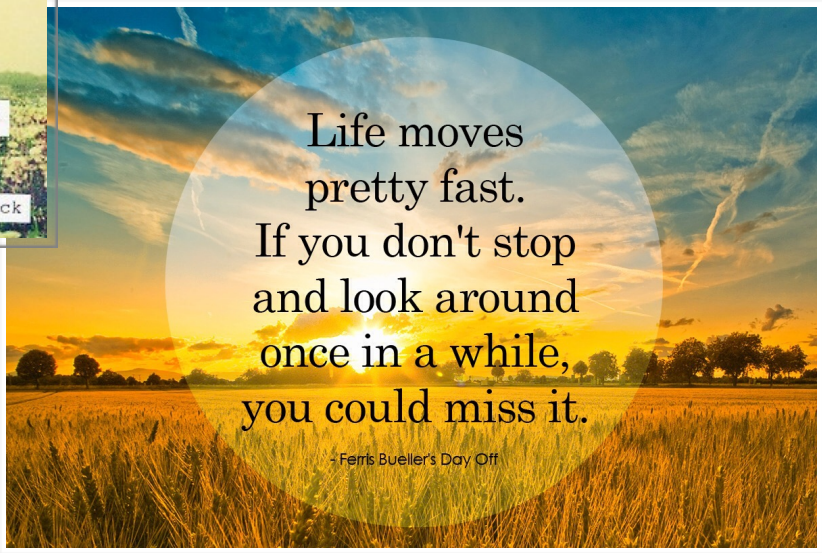
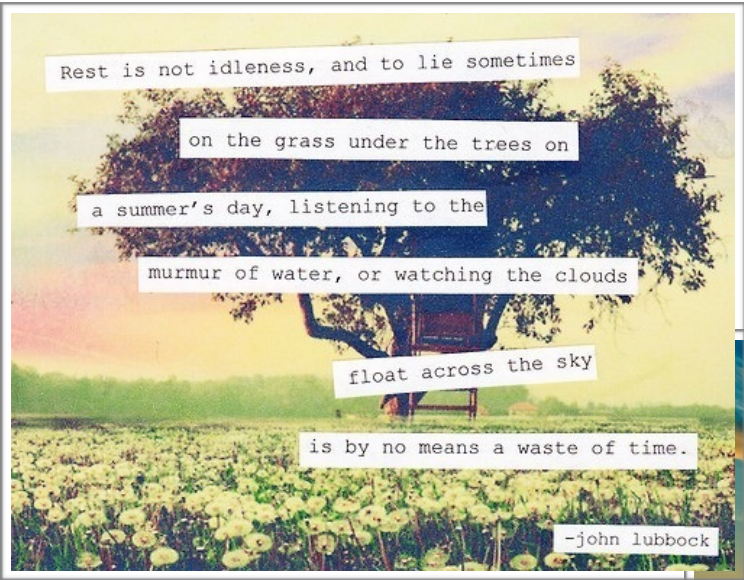
- Genesis 2:3, NRSV

JESUS AND REST

Jesus realised the importance of resting. Wherever he went people followed him demanding teaching and miracles. In Mark's Gospel we read:

After the apostles returned to Jesus, they told him everything they had done and taught. But so many people were coming and going that Jesus and the apostles did not even have a chance to eat. Then 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



Trust in His timing,
Rely on His promises,
Wait for His answers,
Believe in His miracles,
Rejoice in His goodness,
Relax in His presence.

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Let us pray together:

We thank you, Lord, for bringing us to the end of another school year.

We thank you for all we have learned, all we have achieved and all we have overcome together.

Thank you for always being with us on our journey.

We ask you to give us rest and relaxation so that we can be restored and re-created, ready to continue your work next year.

Keep us all safe over the holidays and may we always recognise your presence in our rest, in our relationships and in our daily lives.

Amen.

