

SAID ED August 25, 2013

Summer's rest time!

We are nearing the end of summer vacations. Our college people are off to school and grammar school kids are getting ready to resume their studies. It has been a great summer and one that I hope has afforded everyone time to relax and “re-create.”

It is important for all of us to have time to rest and recreate. It reminds us that we are stewards of our time and that it is God who gives us time to move and time to be still.

This week I want to offer some thoughts on resting and being still. They resonate with me, perhaps they will with you. Most are quotes from people with whom you may be familiar, starting with Jesus. In the days when bread baking at home was more common, we learned that after you have put all the ingredients together and mixed up the dough, you have to let it rest. Jesus said: “To what should I compare the kingdom of God? It is like yeast that a woman took and mixed in with three measures of flour until all of it was leavened.” Luke 13: 20-21.

Kim Hayes invites: No matter what you are doing right now, open your lungs, and drink deeply from the well of life. Amid all the stuff of living, the breathing spaces are crucial, and punctuation is paramount.

Consider...
singing without breathing,
working without resting,
living without sleeping,
thinking without pausing,
making without considering,
creating without waiting...

Rest is so much more than that necessary break between one thing and the next. And herein lies the discernible difference between the music and the machinery, between being fruitful or simply productive. Ask any artist, poet, author, musician or farmer— all creative endeavor is born out of the ponder, the pause, the wondering and the waiting.

It is within these pauses, rests and semibreves, that meaning takes shape and purpose is drawn.

Abraham Heschel says: “Six days a week we live under the tyranny of things of space; on the Sabbath we try to become attuned to holiness in time. “

Evelyn Underhill writes: “To say day by day ‘Thy Kingdom Come’... does not mean“ I quite hope that someday the Kingdom of God will be established, and peace and goodwill prevail. But at present I don’t see how it is to be managed or what I can do about it.” On the contrary it means ‘Here I am! Send Me!’ – active, costly, collaboration with the Spirit in whom we believe. “

It by chance you have not had or made time to rest this summer, you still have another week. Allow it to happen!

Have a good week!

