

HEALTH AND WELLNESS

“Take my yoke on you and learn from me, because I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy to bear, and my load is not hard to carry.” – (Mathew 11:29,30)

Rest

Have you ever heard or used the expression, “I just got back from vacation, and I need a vacation from my vacation?” As a society, we sometimes tend to have a different vision of what constitutes rest. We just returned from a vacation this summer, and for a change we did not schedule ourselves with goals, chores, sightseeing, or obligations. We read, spent time with loved friends and family, and walked through the woods as the mood gripped us. It was restful.

So hot on the heels of last month’s column on recreation here is its partner in health, rest. The biblical quote at the start of this column is only one of many references to rest, beginning with Genesis and the culmination of the creation of the universe. In fact, keeping the Sabbath is a clear mandate in the original commandments, and there were many rules among the Hebrew peoples regarding working on the Sabbath. While we do not follow these restrictions as orthodox people do, we still may ask if there is a value in keeping a special day of rest.

Even in the Merriam-Webster Dictionary, the definition of rest includes the phrase, “peace of mind or spirit.” In our busy world it is often hard to give ourselves permission to truly rest – to stop striving for a short time and recover our spirit. But that kind of rest has immense value for our spiritual and mental as well as physical health. For one thing, it makes it easier for God to get our attention. As the psalm says, “Be still, and know that I *am* God ...” (46:10). It’s a matter of laying down your burdens for a while, and, as Jesus invites us, to consider his for a while. - JL

If you have ideas to share with us or are interested in the work of the Health and Wellness Cabinet, please contact Anne Gatzke: littlezookie@yahoo.com.