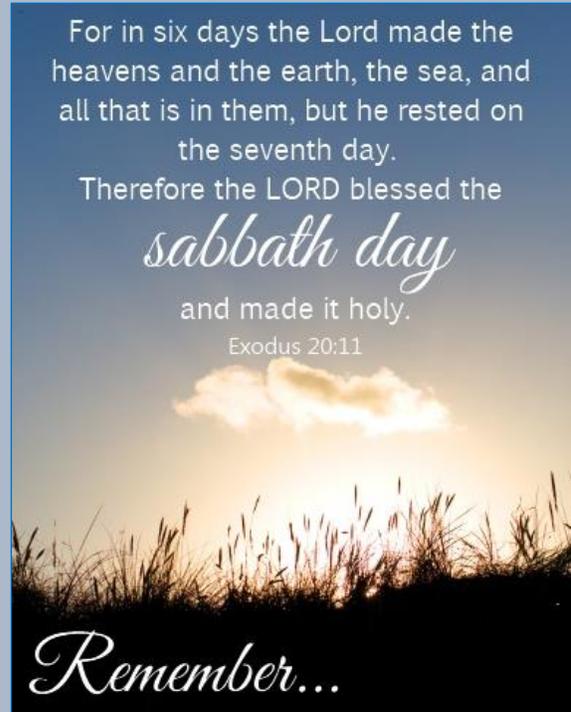


FIRST AND CENTER
Pastor's Blog
July 12, 2018

Jesus said: "Come to me all who labor and are heavy laden, and I will give you rest."

The fourth commandment (of the famous ten) is "Remember the sabbath day and keep it holy. Six days you shall labor and do all your work. But the seventh day is a sabbath to the Lord your God. You shall not do any work, you or anyone in your household or even the strangers in your town."



When was the last time you rested? I don't mean slept a whole night (though that would be good, too), I mean really **rested**. Not just body, but spirit and mind as well. It's really hard to do that when we are constantly connected to work or news by our various devices. When was the last time you took sabbath? That might mean coming to worship, but that is only an hour or so of the day. We are gifted with a command to take a whole day to meditate and rest and dwell deeply in the presence of God.

I'm going on vacation for almost three weeks. I am not going to obsessively check email. I have put a vacation note on both my emails. I am not going to constantly listen to NPR while we drive (and we have several days of driving to do). I am going to do something I almost never do, and that is really check out.

I then want to figure out how to do that on a more systematic basis in my life. We make bad decisions when we are deprived of rest.

I hope you get some space this summer and can create some space in your weekly rounds. Blessings. See you in August.

~ Rev. Shelly Stackhouse
Transitional Minister