

# DAY OF REST

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As we look forward to a day of rest together let's stop and acknowledge that it has been a long week that we are carrying more than we would like. It's going to take courage for us to rest. When we are dealing with losses of relationships, loved ones, the loss of a job, or the devastation of a house fire, it is common for us to feel like we have to manage the crisis, hold the world together, and fix everything. Of course, we now know this is not possible. Remember Jesus' statement; Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.<sup>9</sup> What I am sure of is that what we have is today. Let's make today count. Let's live today with no regrets and seize the day as the day of much-needed rest and reprieve.

The power of meditating in prayer is profound. I was working once with a gentleman that seemed to have it all, at least on the outside. He had a seven-figure job, multimillion dollar home, and every imaginable comfort money can buy. Yet he was miserable. He worked so much he would often stop and think to himself how sad it was that every time he

## BATTLE TO WIN

saw his children, he felt like they grew. Now, you know that's a problem, when you can tell someone is growing.

When you have not seen someone in a while or as in this case you have been so emotionally and physically unavailable, you can see changes easily. He and I started to work together to grab hold of his life and make necessary changes. He came in grieving at the loss of the life he wanted for the life of stress, anxiety, and lack of fulfillment that he created.

He started with meditation and prayer. This seemed to place things right into perspective for him. He realized the disconnect between his value system and his behaviors. It wasn't long before he started to make changes. For the first time, he started to hear the voice of God and sense His leading again.

- ★ Limit your distractions. What competes for your time and attention?
- ★ Set aside social media and anything that you may have identified as a source of distraction and focus on self-care. Recent studies have shown us that with increasing social media use leads to increasing depression and anxiety. Social media has also been linked to increased feelings of loneliness, weight gain, and lack of attention. Social media is bad self-care.
- ★ Select a Scripture or a verse that has brought you hope in this journey, pick a truth or a promise from God that you can stand on. Take it with you to a relaxing room or an environment of your choosing that feels sacred, safe, and comfortable. Set your clock on two minutes or more if you can and recite that prayer, that Scripture, that truth to yourself slowly over and over. As you speak it, -feel it's comfort, feel it's promise, and hold onto its truth.

Perform the same meditation exercise many times throughout your day of rest.

- ★ Pick up the phone and call a friend. Maybe, invite a friend over. Let's put down the counterfeit texting and engage in real relationships.

*End the day with rest, prayer, and meditation.*