



NO REST FOR THE WEARY



Don't be jealous of the boy in the picture.

Although I'm sure all of us would like to be doing what he is doing.

As camp missionaries, our busiest times are when people normally take vacations—the summer. We don't get a “summer break” like most people, so we have to find time outside of that for vacation.

My family and I just got back from a much needed vacation, and it made me stop and consider the importance of rest.

Exodus 31 says, “...*Six days shall work be done, but the seventh day is a Sabbath of solemn rest, holy to the Lord...in six days the Lord made heaven and earth, and on the seventh day he rested and was refreshed.*”

Without getting into the theology of what the Sabbath is and how it should or should not be observed, one thing holds true: **the importance of taking time to rest.**

We live in a world that's always on the GO. Our lives are in constant motion, and I'm sure many of you would say your lives are hectic and crazy most days.

The fact is: we need to take time to rest, and the Lord knew that we would need it, so He set aside a day for that purpose.

Jesus said in **Mark 2:27**, “*And he said to them, “The Sabbath was made for man, not man for the Sabbath.”*”

Even though the Lord graciously established a day of rest each week for us, we hardly take advantage of it.

It's easy to be always moving and always doing something, but it's so hard to actually stop and rest.

I am just as guilty.



I heard a pastor give this very helpful diagram for how often and how to rest:

Divert Daily:

Each day, take some time to do something outside of your regular duties. For example, if the majority of your day is mental work, then take time to do something physical and vice versa. Do something you actually enjoy doing.

Withdraw Weekly:

For one 24-hr period every week, withdraw from your normal work. Turn off the computer or phone and separate yourself from the work that you normally do.

Abandon Annually:

Once a year, take a 1-2 week vacation where you are away and disconnected from your work. Forward your phones to someone else, don't check or respond to any emails, don't answer the phone, etc.



It's easy to make excuses and feel as though
you HAVE to stay connected...

You don't.

You're not as needed at work as much as
you think.

Trust me, I know it's easier said than done, but let us be mindful and intentional
about taking time to rest.

Sleep in occasionally.

Take a day off.

Do something fun and outside the normal routine.

Shut it off and rest.

Derrick Marrs
Ministry Director



HAVE YOU LISTENED TO OUR NEW PODCAST?

THANK YOU all for your positive responses to our new STOP & Consider Podcast!

We are really enjoying these conversations, and we hope they have been a blessing to you as well!

If you haven't had a chance to listen/watch, you can do so by clicking any of the links below.



Because Derrick doesn't know what he is doing, we had a little mishap with Episode 5! There was a double audio stream, but it has been FIXED (we hope)! So, if you've already listened to Episode 5 and missed the last 20 minutes, feel free to give it a second listen!

Below are all of the links currently available for you to listen and view our new podcast:

Website:

www.bancroftgospelministry.org/stopandconsider

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The next episode drops **Friday, October 17!**



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