

Faith Life Weekly 3/6/08

Scripture:

Jesus says in Mark 6:31 "Come away with me for a while and rest." (Paraphrase)

Reflection:

Let me ask you friend, "What gives you rest? Where do you rest? How do you find rest? What do you do to rest?" You know that it is written into the fabric of our being to rest. Even God rested on the Sabbath Day. That's part of what makes those resting moments, those Sabbath moments, "Holy". They are God given.

Recently a starlet was asked what made her so beautiful in quote "Real Life" and even in the "world of movies". Her response was "Rest". Rest. God hallowed rest.

One of my favorite theologians reflected on his ride on the EL in Chicago on which he traveled to work each day. He was traveling so fast by train that he thought he was missing much of life along the way.

Friends of ours told us once that when they travel by Harley motorcycles or by their big Chevy Suburban they always travel off the beaten paths. They never take the Interstate Super Highways of our world.

People are always in such a hurry. We rush through life but we miss so much. My friends chose off the beaten paths. My favorite theologian reflected on the fast train. They wanted to see everything, even the smallest detail, each niche and each corner of our world. Each face in the crowd that whirrs by was felt to be important in their eyes. There is meaning in stepping apart and finding rest from the normal whirr of things. You actually see things that you never saw before. And some of the time you even come to a new insight on things. Call it that special moment of reverence, or that really special moment of inspiration, if you will.

One more thing for those who join me in the great American adventure. A couple of years ago I traveled with my family to Europe. Europeans like to take midday breaks. It is a big deal there. Shops shut down for a time. I wonder if we can learn something from our relatives there and find "Rest" at midday.

It is my contention that only when we "rest", only when we "Rest in God" do we really find meaning, and see all the little things, those things that we have passed by in our hurried ways. When we come away with Jesus for awhile and rest, we really do come back rejuvenated. God has a way of rekindling the fire at that moment. And you know something, on reflection, we also come away from our rest-filled moments knowing that we are counted and valued by God. This month we announced 4 "Spiritual Retreats" for our parish. "Retreats" – what a concept. I think it is a new concept for many. It is important for all of us, no matter what our life or work, to step away, to reflect, and to be fed spiritually. I invite your prayers right now that many will heed the invitation that Jesus gives. It is well worth it. It is a part of our being, written into our beings by our God.

Blessed Rest. Blessed gift.

SONG:

"Draw Me Close"

(To listen to this song you may want to go to Amazon.com. Artists like Michael W. Smith have recorded this on their Worship albums.)

Draw me close to You

Never let me go

I lay it all down again

To hear You say that I'm Your friend

You are my desire

No one else will do
Cause nothing else could take Your place
To feel the warmth of Your embrace
Help me find the way
Bring me back to You

You're all I want
You're all I've ever needed
You're all I want
Help me know You are near

Written by Kelly Carpenter
©1994 Mercy/Vineyard Publishing / ASCAP (admin by Music Services)
R.F.