

April 20, 2024

## Get Some Rest

[Mark 6: 30-34](#)

<sup>30</sup>The apostles gathered around Jesus and reported to him all they had done and taught. <sup>31</sup>Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, "Come with me by yourselves to a quiet place and get some rest." <sup>32</sup>So they went away by themselves in a boat to a solitary place. <sup>33</sup>But many who saw them leaving recognized them and ran on foot from all the towns and got there ahead of them. <sup>34</sup>When Jesus landed and saw a large crowd, he had compassion on them, because they were like sheep without a shepherd. So he began teaching them many things.

It was a few days before we were hosting a holiday dinner for family and friends at our house and preparations were in full swing. Groceries needed to be purchased; the house needed to be cleaned; laundry needed washed and put away, etc.

I don't want to give you the wrong impression. I do not keep an immaculate home. However, whenever I am preparing for guests, I feel the need to make sure everything on the to-do list is completed regardless of whether it has anything to do with the upcoming event. I know my guests will not care or even notice if the laundry is done, but I find myself stressing over the smallest and most insignificant tasks on the list.

While emersed in preparations, friends invited us to join them for a relaxing dinner at one of our favorite restaurants. Any other time, we would have accepted our friends' invitation without hesitation; but how could I even consider taking a break from preparations when there was still so much to accomplish on the to-do list?

Ultimately, my husband talked me into accepting the invitation. The evening was just what I needed. I thoroughly enjoyed visiting with our friends and taking an evening to just relax. The next day, I reevaluated the to-do list and removed the items that had no impact on the holiday dinner. I felt a lot less stressed which made the rest of the preparations more enjoyable.

Even Jesus' disciples needed time to rest and recharge. This taught me a valuable lesson. From now on, I am going to work on taking advantage of opportunities to relax. I am working on cutting out stressful preparations and instead, looking forward to the joy of spending quality time with family and friends.

**Prayer:** *Dear Lord, it is so easy to get caught up in preparations that we miss the real purpose of the event. Please help us recognize sharing your love with others is all that really matters. Amen*

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