



First United Methodist Church of Hanford

Open hearts. Open minds. Open doors.



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“I’ll show you how to take a real rest”

“Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you’ll recover your life. I’ll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won’t lay anything heavy or ill-fitting on you. Keep company with me and you’ll learn to live freely and lightly.” Matthew 11:28-30 (MSG)

I have been feeling tire lately. I haven’t rest as I suppose to. I think that in not just me. You will say the same about been tire. Rest is something that many of us put aside for later as we have so many things that we always need to get done right away and with that the stressful year plus that we all are going through.

Rest is essential to our health, well-being and survival. “The Benefits of Resting and How to Unplug in a Busy World” is the title of an article in Forbes magazine of January 15, 2021.¹ It explains why rest is important. Rest “heals your body, ...reduces stress, ...boosts creativity, ...improves productivity, ...(and) enhances decision making.” Ways to improve your rest include, “Practice gratitude, ...take deep breaths, ...cultivate healthy habits (like exercise, yoga or stretching and learning to shut down you mind and sitting quietly), ...Practice sleep hygiene (like having a set routine and schedule.” Reading a devotional or Scripture and praying before bed is good, too.

Rest is important. God, Himself, rested after 6 days of creating everything. Jesus would take time for rest and prayer after spending time healing and teaching all the people that came to him. And there are multiple references throughout the Bible about resting.

Without rest, we tend towards the ways of the world- greed, anger, restlessness, impatience, mistrust, control. Jesus specifically tells his disciples to spend time “in a deserted place-”² away from the distractions and pressures of the world, so that they can find refreshment both

¹ <https://www.forbes.com/sites/womensmedia/2021/01/15/the-benefits-of-resting-and-how-to-unplug-in-a-busy-world/?sh=45562d972133> (05/25/2021)

² Mark 6: 32

physically and spiritually. When we stop and re-center ourselves, we are better equipped to see God in the world around us and hear God's voice leading us and guiding us. It brings us closer to God, emerging more ready to be faithful in our discipleship.

That, alone, makes our need for rest important and an ongoing necessity. Rest is worthy of our attention. Rest needs to be a priority that we regularly schedule. In that way, we function at our best, which gives glory to God.

Let us pray: Our God, thank you for your Word that tells us of the need for rest. Thank you for your examples of rest: after creation and after time spent healing and teaching. May we follow your Word and example by practicing regular periods of rest for our benefit and your glory. Amen

Now I can say I Live a Day" (John Wesley)

Pastor Pablo

May 26th, 2021

Online Devotionals

To grow in your relationship with God and others, it is important to have some spiritual disciplines in your life. Below are some helpful websites that will lead you to read scripture, pray, and focus on God.

UPPER ROOM DAILY DEVOTIONAL <https://www.upperroom.org/devotionals>

A daily devotional including scripture lesson and story.

UPPER ROOM DAILY REFLECTIONS <https://upperroombooks.com/neweverymorning/>