

∞ Finding True Rest this Summer ∞

All right, let's just lay it out up front! Vacation season is here in New England! And that means I might be seeing a little bit less of some of you during July and August. But I want you to know that taking a vacation is "ok" with your pastor! I highly encourage it! The Scriptures actually warn us, "²² What does a man get for all the toil and anxious striving with which he labors under the sun? ²³ All his days his work is pain and grief; even at night his mind does not rest. This too is meaningless" (Eccl. 2:22-23). You see, many of us are either burned out, stressed out, or already fizzled out completely! We worry about our work and then let the anxiety that worry produces keep us awake at night! **Our schedules keep us hopping but we need time for what is really important: God and our families.**

"I thought you said it was ok to take a vacation from church pastor?" Well, not exactly. You see, we should never take a vacation from God and his family. If you're vacationing with your family out of state, by all means, visit another Christian church! Don't leave God out of your vacation. On my vacation, I'm looking forward to worshipping God as a participant of a congregation and worshipping in someone else's pews! Our vacations should also include some special times with God that we ordinarily might not have. Perhaps, you struggle with finding a consistent time for prayer or Bible reading. Your vacation should not only include going to the beach or water-skiing but also some special time with God, perhaps in the mornings or evenings. Take some time to rest and rejuvenate yourself spiritually.

As a matter of fact, do you know how to find true rest this summer? Listen to the Psalmist. "⁵ Find rest, O my soul, in God alone; my hope comes from him" (Psalm 62:5). What will truly release all of us from our "anxious striving" is rest for our souls. And that rest is ONLY found in God alone. Other types of rest are only temporary. You might go on a one week vacation but return to a life full of struggles and decisions lived outside of a relationship with God. **God's desire is to give you a rest that will go beyond your immediate physical needs to one that will rather saturate you to the core of your soul.**

Remember that in finding rest this summer you include God in your vacation plans. In Him alone will we find true rest!

Blessings,

PASTOR SCOTT