



*July 2018*

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**MOULTRIE FUMC: We Love, We Grow, We Serve for Christ.**

### **The Need for Rest and Revitalization**

Years ago my father told the story of how he felt pressed for time. He prayed to God to give him more hours in the day. He heard a strong, resounding voice within his soul that said, “Rudy, I have given you 24 hours in a day. If you cannot manage them, how do you expect to manage more?” Dad took this to mean that God has given us much and we need to figure out how to manage what He has given us.

Rest is part of what God gives us. God rested on the 7<sup>th</sup> day after spending 6 days creating. He called His people to plan for rest in the second commandment, “Remember the Sabbath day and to keep it holy.” Rest is what the Sabbath is meant for. “The Sabbath is created for man not man for the Sabbath,” said Jesus.

Vacation time is a time of rest, restoration, revitalization and renewal. Sheri and I will go on Vacation at the end of July. In our highly work oriented culture, we place too much attention on our productivity and too little attention on our rest and revitalization. My prayer for all of us is to discover the balance of work and Sabbath, of productivity and down time. I pray for blessed vacation times for us all.

*Rev. Stephen Grantham*