



First United Methodist Church
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Moultrie FUMC: We Love, We Grow, We Serve for Christ.

Vacation Time Is Sacred Time

When God created the heavens and the earth and all that is on the earth; and when God created all humans and sat back and looked at all he had done; God said, "It is good." Then Genesis says, "God rested." The Sabbath day is a day of rest, reflection and re-energizing. It is a time to recharge our physical batteries, as well as our spiritual batteries.

Vacation time is Sabbath time. It is a time to get away from our responsibilities for an extended time and decompress. For Americans it is extremely important. As a nation we work more hours, have more responsibilities, are more productive and on the down side, suffer from more stress related illnesses. Vacation time is important to staying healthy.

I look forward to the Vacation time Sheri and I will be taking in July. It will be down time, time away from responsibility, time to relax. I will pray for you as you vacation. You, please pray for us when we are on Vacation, that it will be a time of productive rest and revitalization.

Rev. Stephen Grantham