Thought for the Day 20th July 2020 from Katherine-Alice Grasham (All Hallows)

The Importance of Rest

Take a deep breath…

Isn't breathing amazing?! With it, we refresh and renew our bodies. In Job, it says "The breath of the Almighty gives me life." (Job 33:4b)

I don't know how lockdown has been for you. Maybe you've been furloughed, maybe you're a key worker, maybe you've been home-schooling for the last few months. Either way, this hasn't exactly been a stress-free period. I'm sure I'm not the only one who has found it hard to relax!

As we enter the summer break, it's important to take times of rest…in fact, it's biblical!

> It's useless to rise early and go to bed late, and work your worried fingers to the bone. Don't you know he enjoys giving rest to those he loves? Psalm 127:2

God doesn't want us to be tired and stressed all the time, but for those of us who find it hard to turn off and take a break, it can be extra hard to hear these words. It's tough to be a Mary in a Martha world, full of busyness and things to do! But slowing down and caring for our bodies is extremely important.

So here's what I want you to do. Take a deep breath. Whatever's on your mind, or your to-do list can wait a second. Take another breath. It's been proven that even slowing down and breathing like this for a few seconds lowers your stress levels. It's not in God's plan for us to be stressed all the time! So take some deep breaths – not just right now, but whenever you need them. Let the breath of the Almighty give you life – life in all its fullness and de-stressed-ness!