
BENCH



> *Matthew 11:28-30* <

Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.

Central Park in New York City is an amazing place. There are always thousands of people running, exercising, playing softball, walking, throwing Frisbee, boating, playing kickball . . . basically if you can name a game or activity it's probably being done in Central Park at any given moment. Your local parks are the same way; maybe not as big but they are places that are meant for action and activity.

Parks also have another component: park benches. Park benches are one of the often-overlooked elements in parks. They are overlooked because you think about going to a park to do something, to be active. But benches are for sitting. They are for taking a breather and seeing the world around you from a different perspective. They are for rest. Too often life is like a park: it is full of people running around, going from one activity to the next without ever stopping. But rest is important.

Recall, God rested. Jesus rested. And so should we. I'm not talking about the "sleeping until lunch" kind of resting. I'm talking about sitting back from all of the action going on around you and breathing, resting, and gaining a different perspective on all that's going on around you. Resting is important because it's something we need and are called to do. Jesus said "come to me and I will give you rest." Find a bench in your life, sit back, breathe and rest.

Go and Do

When do you intentionally rest? Do you have a time each week where you disconnect from your technology? Where do you rest? Is it the same place each week? Figure out a time and a place that is restful for you. Make an appointment on your phone or calendar, set a reminder, and follow through with grabbing some rest this week.
