

# WELCOME TO WINTER REST

For four weeks in January you will find a Winter Rest insert in your Order of Worship or posted on the Asbury website: [www.asbury-umc.org](http://www.asbury-umc.org). This weekly meditation will contain a reading pertaining to rest and renewal, a prayer, Scriptures of hope and assurance, and thoughtful quotations or poetry. May you find here a moment of peace, a return to serenity, a reminder of the deep abiding Truth which never changes. Blessings, Jan

## Rest

You have made us for yourself, O God,  
and our hearts are restless until they rest in you.

St. Augustine

In the relentless busyness of modern life, we have lost the rhythm between work and rest. Our culture invariably supposes that action and accomplishment are better than rest, that doing something - anything - is better than doing nothing. Because of our desire to succeed, to meet these ever-growing expectations, we do not rest. Because we do not rest, we lose our way. We miss the compass points that would show us where to go, we bypass the nourishment that would sustain us. We miss the quiet that would give us wisdom. We miss the joy and love born of effortless delight. Poisoned by this hypnotic belief that good things can only come through unceasing determination and tireless effort, we can never truly rest. And for want of rest, the quality of our lives suffers. Despite good hearts and equally good intentions, our work piles endlessly upon itself. The whole experience of being alive begins to melt into one enormous obligation. It becomes the standard greeting everywhere: *I am so busy...* In this trance of overwork, we take everything for granted.

Wayne Muller from *Sabbath: Finding Rest, Renewal and Delight in Our Busy Lives*

THERE IS MORE TO LIFE THAN MERELY INCREASING THE SPEED OF IT.

Mahatma Gandhi

It is only a tiny rosebud, a flower of God's design;  
But I cannot unfold the petals with these clumsy hands of mine.  
The secret of unfolding flowers is not known to such as I.  
God opens the flowers so sweetly, while in my hands they die.  
If I cannot unfold a rosebud, this flower of God's design,  
Then how can I have the wisdom to unfold this life of mine?  
So I'll trust in Him for leading each moment of my day.  
I will look to Him for His guidance each step of the pilgrim way.  
The path that lies before me, only my Heavenly Father knows.  
I'll trust Him to unfold the moments just as He unfolds the rose.

Author Unknown

THE BEST AND MOST BEAUTIFUL THINGS IN THE WORLD CANNOT BE SEEN OR  
EVEN TOUCHED. THEY MUST BE FELT WITH THE HEART.

Helen Keller

Jesus said, "Come to Me, all who are weary and heavy-laden,  
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 shall find rest for your souls,  
for My yoke is easy and My load is light." Matthew 11:28-30

If you should feel stalled, numb, or exhausted from the trials of your life,  
simply slow your thoughts to the pace of cracks widening,  
slow your heart to the pace of the earth soaking up rain,  
and wait for the freshness of a new beginning to greet you.

Mark Nepo from *The Book of Awakening*

And Jesus said to them,  
"Come away by yourselves to a lonely place and rest a while." Mark 6:31

SOMETIMES IT IS THE PATH OFF THE PATH THAT BRINGS US TO GOD.

Mark Nepo

*Remember the Sabbath...* Exodus 20:8

God has given us a commandment - Remember the Sabbath.

Commanded to *remember*. It seems God knew we would forget...

At its origin, God commanded the children of Israel to cease from their labors  
beginning at sundown on Friday evening till sundown on Saturday evening, in order to  
take stock of their blessings and to thank and praise God for them.

For our modern day use, we will speak of Sabbath as any time set aside specifically  
for rest, renewal, blessing-counting, gratitude, wonder.

To remember the Sabbath is a way of being in time where we remember who we are,  
remember what we know, and taste the gifts of spirit and eternity.

We remember that everything we have received is a blessing  
from our loving, unchanging God.

Wayne Muller from *Sabbath: Finding Rest, Renewal and Delight in Our Busy Lives*

LIFE IS A COIN. YOU CAN SPEND IT ANY WAY YOU LIKE,  
BUT YOU CAN SPEND IT ONLY ONCE.

Lillian Dickson

Finding happiness in life is universally perceived as an essential human endeavor.

Spiritual teachers and philosophers seem to agree on this point:

Life should not just make us tired; life should make us happy.

Happiness grows only in the sweet soil of time.

Wayne Muller from *Sabbath: Finding Rest, Renewal and Delight in Our Busy Lives*

"Be still and know that I am God." Psalm 46:10

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**O Lord, with each passing moment I am spending my life.  
I yearn to spend it trusting in Your goodness and seeking Your guidance.  
Teach me how to still myself and listen. Amen**