

# The Bulwark

DECEMBER 18, 2022

## REST...

The family dog could get wound tighter than a three-dollar watch. At the mere mention of certain words, “go for a walk”, “ride in the car” and so forth, he would be visibly overly excited. The family worried that he might have a stroke. To prevent that from happening, they would stroke him, and speak softly to him, “lie down” he was told. All being done to calm him down. Reluctantly he would settle down on his matt on the floor. But not before he whimpered a bit in protest.



Children at times need to take time to rest. Nap time. Which oft times was greeted with a bit of whimpering; but a nap was what was needed. Even though we may be adults, sometimes we need to be reminded to take time to lie down. Chill. Rest. David wrote the following in the fourth psalm and verse eight. *“In peace I will both lie down and sleep, for Thou alone, O Lord, dost make me dwell in safety.”*

In the 23rd psalm, David introduces his readers to the Good Shepherd. Notice the wording in verse two of that psalm, *“He makes me lie down in green pastures; He leads me beside quiet waters.”* A beautiful verbal picture is painted by David, showing that the Lord (aka The Good Shepherd) knows that we need time for calm and rest. A

time to decompress, even when we may not be aware of the need ourselves. Just like our parents were keenly aware of when it was time for calm and quiet during our childhood.

By design our mind and body are designed to have regular times of rest. Consider that God rested on the seventh day. *“And by the seventh day God completed His work which He had done and He rested on the seventh day from all His work which He had done. Then God blessed the seventh day and sanctified it, because in it He rested from all His work which God had created and made.”* (Genesis 2:3-4)

Jesus recognized there was a time to be about the work, but also a time for restorative rest. In the book of Mark Jesus recognized such a time as seen in the sixth chapter and verses thirty-one and thirty-two. *“And He said to them, ‘Come away by yourselves to a lonely place and rest awhile’ (For there were many people coming and going, and they did not have time to eat.). And they went away in the boat to a lonely place by themselves.”* When one rests, there is the time to refocus and to in essence be refreshed. Without rest, burn-out is a very real possibility.

It should be noted, that even if we are engaged in what could be de-

scribed as worthwhile, nevertheless there comes a time to rest. There is a quote that seems appropriate, “If we don’t come apart and rest awhile, we may just plain come apart.” What good is that to anyone, should that happen?

Jesus promised rest as seen in Matthew 11:28-30. *“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.”* We long for the ultimate rest. *“Let us therefore be diligent to enter that rest, lest anyone fall through following the same example of disobedience.”* (Hebrews 4:11) (wbe)

### A Publication of the Winnetka Ave. Church of Christ

- 7054 Winnetka Ave.  
Winnetka, CA 91306
- 818-795-5566
- Bruce Evans  
Minister
- Website:  
[www.winnetkachurch.com](http://www.winnetkachurch.com)