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person can do is to take a nap*

October 31

Throughout the Bible, God encourages, even commands, that His children recognize the need for periodic scheduled times of rest and relaxation. Nothing else can refresh the mind and body like a break from the daily chores of life.

Never in the history of man have people been so busy, running from one thing to another, believing that one day soon things will slow down. Added to the rush are the pressures of job, school, family, bills, and social life. Is it any wonder that stress induced mental and physical illnesses are at an all time high? Sometimes the most godly thing a person can do is to take a nap. Take a break! It's God's way.

Prayer for Today

Father, forgive me for not following Your wisdom in the area of personal rest and relaxation. Help me to break free from the rush and set aside meaningful time to enjoy the journey and be refreshed for what is to come. Take away my stress and fill my life with peace.

Scriptures for Today

Matthew 11:28 Come to Me, all you who labor and are heavy laden, and I will give you rest. (NKJV)

Luke 10:39-42 And she had a sister called Mary, who also sat at Jesus' feet and heard His word. But Martha was distracted with much serving, and she approached Him and said, "Lord, do You not care that my sister has left me to serve alone? Therefore tell her to help me." And Jesus answered and said to her, "Martha, Martha, you are worried and troubled about many things. But one thing is needed, and Mary has chosen that good part, which will not be taken away from her." (NKJV)

Psalms 127:2 It is vain for you to rise up early, To sit up late, To eat the bread of sorrows; For so He gives His beloved sleep. (NKJV)