

## **Sabbath Rest for Those Who Get Things Done**

By: Katie M. Reid

I knew I should be more intentional about Sabbath (a day set apart for the Lord and recuperation) but I thought it had to look a certain way too. Since it hardly ever looked “that way,” I often felt restless about getting rest “right.”

Some friends of mine are more purposeful when it comes to Sabbath. Some don't go out to eat because that causes others work on the Sabbath. Others implement no screen time on their day of rest. Some mandate a nap (yes, please!). Some do yard work. Some sleep in. Some go adventuring. Some are physically active, others avoid it all costs. Some brunch at a leisurely hour. And some are required to work on Sundays, so they pick another day to chill.

### **Have you felt unsure about what a day of rest should look like?**

Fielding questions about Sabbath now:

*“Can we go out to eat?”*

*“Should I do housework?”*

*“Should we allow technology?”*

*“Do I need to connect with God for hours in order for it to count?”*

Good questions. I'm glad you asked. Here are my off-the-top-of-my-head responses (for what they're worth):

*“Yes!”*

*“Definitely not. Let's just say it's not allowed. Like ever!”*

*“I dunno know. I try not to, but it doesn't seem to stick.”*

*“Grace Darling, so much grace.”*

Much to my surprise, my family is hungry every Sunday—of all the nerve! No grace for that. J/K! #kindof (insert sheepish and conflicted emoji face). Thankfully, we've uncovered the beauty of leftovers, a.k.a. Operation Fend For Yourself.

Sometimes our kids have soccer games on Sundays. Although we enjoy cheering them on, we miss our afternoon nap on those days.

Sometimes our day of rest (whether it's Sunday or another day) is filled up by our own choosing, but other times, unexpected things disrupt our ideal.

It can be hard to rest on the inside when there is a flurry of activity happening around you—self-induced or otherwise. Like the crowds that pressed in on Jesus and vied for his attention, you can't always retreat from the hustle and bustle.

We need time to recharge (Jesus did that after all). But beach vacations (my favorite way to unwind: staring at waves, hearing the caw of gulls overhead, sipping iced tea with lemon, reading a book, not being interrupted...insert contented sigh) are few and

far between. And if we wait to spend time with Jesus until the conditions are ideal, we never will.

Instead of being annoyed that your day of rest is not as serene as you'd like, why not connect with God in the midst of it?

Rest can look a thousand different ways. Let's ask God for wisdom to rest in ways that focus on Him and refresh us.

Yes, we need shuteye. Yes, time away is important. Yes, a break helps us recharge, but the peace of Jesus's Presence is carried within us at any and all times—waiting to be enjoyed.

### **Rest is not something to search for, but Someone to be with.**

“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.” -Matthew 11:28-29 (NIV)

*What are some of your favorites ways to rest?*

Katie M. Reid is a wife, mom to five, and a fan of cut-to-the-chase conversations over iced tea. Katie is also a speaker, bible study facilitator, and author of *Made Like Martha: Good News for the Woman Who Gets Things Done* (which includes a 5-week bible study for individuals and groups). She encourages others to find grace in the unraveling of life at [katiemreid.com](http://katiemreid.com). Subscribe to Katie's site and receive resources to help you breathe deeply and walk freely.

Purchase Katie's new book, *Made Like Martha: Good News for the Woman Who Gets Things Done*.

### **Suggested Tweets:**

Rest not something to search for, but Someone to be with. @Katie\_M\_Reid  
#MadeLikeMartha

Have you felt unsure about what a day of rest should look like? #MadeLikeMartha  
@Katie\_M\_Reid

if we wait to spend time with Jesus until the conditions are ideal, we never will.  
#MadeLikeMartha @Katie\_M\_Reid

### **Suggested Facebook Posts:**

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Let's continue the discussion over here... #MadeLikeMartha @KatieMReidWriter

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