



## Explore the Way of Love: REST

When the scriptures tell us that we should love others as we love ourselves, there is an underlying message that we are allowed to love ourselves. The Way of Love recognizes that one way to love ourselves and to maintain ourselves as useful instruments of God is through the practice of rest.

As Jesus tells us in the Gospel of Matthew, “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.”

Part of the work of a Christian is to take time to put the work aside and be restored. After God created the heavens and the earth and everything in them, God rested. In doing so, God created a sacred pattern of work and rest, realizing that making dedicated time – to allow our minds to unwind, for our souls to be comforted and healed, for our bodies to be rejuvenated – ensures we can continue in this divine stream.

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Rest gives rhythm to our lives; just as it is the end of one endeavor, so it is the beginning of another. There is no greater reward for those whose labor never ceases than for those who do what they can and rest to come back refreshed to do the work another day.



Rest is not only a blessing to us but a blessing to God, as we demonstrate our faith that God is the primary actor, maker of heaven and earth. And as children of God, we are encouraged to trust that all of creation is held in God's hand.

Are you willing to submit to the practices that will restore your body, mind, and soul? Will you join with others to encourage one another to observe the regular practice of rest?

Learn more about the Way of Love at [episcopalchurch.org/wayoflove](http://episcopalchurch.org/wayoflove). You can find suggestions on getting started and going deeper with Resting at [iam.ec/evol](http://iam.ec/evol).

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