

Monday, 5 October 2020 – Weekly Inspiration from Rev. Jason

If you don't make time for your wellness, you will be forced to make time for your illness.

Glancing through the gospels, we see multiple instances where Jesus did what was, to the religious leaders of the time, unthinkable: he acted on the Sabbath. On a day that was meant for rest, renewal, and time unbound from demands (so that focus might return to God), Jesus continued to take action: teaching, plucking grain, and particularly healing. In Mark, Jesus' response to these religious leaders is that "the Sabbath is made for humankind, and not humankind for the Sabbath." Why? Because Sabbath is ultimately about life! It is a time to tend to one's life and health, one's well-being wholeness, one's relationship (with God, with others, with self).

We don't normally view Monday, or even any weekday, as a Sabbath day, but today is a great time to look ahead at when you might interrupt your "regular" schedule to practice Sabbath and take care of your well-being, of your life.

Lord, help me to be mindful of the Sabbath call to health, wellness, and life. May I grow deep in my relationship with you in this time, and may I encourage others to do the same, in your name. Amen.