

Honor the Father With This Healthy Habit

Are you challenged by resting and slowing down?

The first thought that flows up into my mind from my spirit is that we may have trouble resting because we think we have to be busy, busy, busy because we have so much to do. We can't afford to slow down and just chill. Our to-do list is just too long and never-ending.

This thinking and attitude might stem from a few root issues. (You know me, I'm often suggesting that we dig deeper to uncover the real issue.) It could be that you don't feel comfortable resting because you believe that you must achieve more to feel good about yourself. You're hardly ever content with the way things are so you're always in motion and doing something. So it may be an issue of how you view yourself, maybe your self-image.

A second reason could be that you do not fully trust God and that He is in control. After all, if you fully trusted Him, then perhaps you'd be more comfortable slowing down more often and resting because you're trusting Him with the things on your to-do list and your life!

One of our faith and health ambassadors once indicated to me that it was not easy for her to be still on the Sabbath each weekend. This person was almost always on the go. She usually entered the new work week feeling tired, not rested and restored. Not a good thing!

"Then He said to them, 'The Sabbath was made for man, and not man for the Sabbath'" (Mark 2:27, MEV).

This upcoming week and weekend, slow down and rest often.

It'll be good for your soul, spirit and body! You'll likely be better able to pour out more love on others too, because you'll have more energy! {eoa}

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