RELAX

Scripture reference: I said to myself, “Relax, because the Lord takes care of you.” Psalm 116:7

In this day and time, who can take the time to relax? Between job responsibilities, family responsibilities, and all of the other demands we face, who has time to just relax. But that is exactly what the writer of this Psalm is telling us to do.

In the hustle and bustle of today’s world, we feel like we must be going full bore all of the time. Even if we take time to watch a little television, many of us have work-related material right there on the couch with us. Even when we leave at jobs at quitting time, we stay connected to it by email or text. It seems like we are hooked up to our electronics around the clock and if that is true, then we are never too far away for anyone to call us and ask us to do something for them.

How do we disconnect long enough to let our bodies and our minds recuperate? It seems that many of us, if we try to relax for just a little bit, have our minds going 100 miles per hour about the same issues we are trying to disconnect from for only a moment. How many of you are just like me and start to worry about going to work on Monday morning and seeing what you will have to face when you haven’t even finished lunch on Sunday afternoon yet?

The scripture reference above gives us all we need to do. The writer has said it to himself. He stated the obvious when he was saying he could relax because the Lord will take care of you. How many of us are too busy worrying about the future events that we ruin the current one that we are in at the time. Let God handle it for you. For all of the worrying I do on Sunday afternoon about the upcoming work week, I have realized my worrying solves very little of it. If it is something important that I need to deal with, I need to learn to just write it down and deal with it when I get to work. We need to learn to relax and enjoy the moment.

My wife had a poster at work and also at home that said “Good Morning. This is God. I will be handling all your problems today. I will not need your help. So relax, and have a great day.” I passed by the one we had at home every morning but somehow, forgot to put it into practice. I let worries and situations bother me all day long. Are you guilty of the same thing? We just need to let God take control. We need to turn our worries over to him. We need to disconnect from the electronics and take advantage of the beautiful world that God has created. There is a time for work and a time for play. We need to remember that simple fact. And by enjoying the relaxing part of our lives better, it will probably equip us to handle the work part better.

A different translation puts Psalm 116:7 this way: Return to your rest, my soul, for the Lord has been good to you.” I like this version also because it makes me take a moment to remember all of the good things God has done for me. How about you? I bet God has done some great things for you too. Take some time to relax over the next couple of days and think about how God has taken care of you. Let the peace that God can give you help you to relax.