

REST AND RECOVERY

Heb 4:10

For he who has entered His rest has himself also ceased from his works as God did from His.

Rest is essential for all who labor. Too much work without rest burns the mind and the muscle. Find rest from the work and Eternal Rest in Christ Jesus our LORD.

FOR TIME

REST AND RECOVER

MAKE TIME FOR PRAYER AND REFLECTION ON GOD'S GREATNESS AND GOODNESS.

WALK OR JOG AND ENJOY THE LIFE THAT HE HAS GIVEN YOU

"I COMMENDED ENJOYMENT, BECAUSE A MAN HAS NOTHING BETTER UNDER THE SUN THAN TO EAT, DRINK, AND BE MERRY; FOR THIS WILL REMAIN WITH HIM IN HIS LABOR ALL THE DAYS OF HIS LIFE WHICH GOD GIVES HIM UNDER THE SUN. WHEN I APPLIED MY HEART TO KNOW WISDOM AND TO SEE THE BUSINESS THAT IS DONE ON EARTH, EVEN THOUGH ONE SEES NO SLEEP DAY OR NIGHT THEN I SAW ALL THE WORK OF GOD, THAT A MAN CANNOT FIND OUT THE WORK THAT IS DONE UNDER THE SUN. FOR THOUGH A MAN LABORS TO DISCOVER IT, YET HE WILL NOT FIND IT; MOREOVER, THOUGH A WISE MAN ATTEMPTS TO KNOW IT, HE WILL NOT BE ABLE TO FIND IT."

ECC 8:15-17

Solomon understood the Word of GOD. His wisdom is reflected in Proverbs, Ecclesiastes, and Song of Solomon. His idea of rest is based on having done everything he could do "under the sun" or on this earth. He had the wealth and time to do everything and the end is: "Let us hear the conclusion of the whole matter: Fear God and keep His commandments, For this is man's all."

Ecc. 12:13

Train hard with purpose:

"And whatsoever ye do in word or deed, do all in the name of the Lord Jesus, giving thanks to God and the Father by Him."

Col. 3:17