

Volume 11, Issue 34: Rest is Best After Hard Work

I don't know if this is true for everybody, but but I find work deeply satisfying, and the rest that follows hard work the most enjoyable kind of rest. Hard work is deeply satisfying, including mundane housework.

I actually don't know any other way to rest. I always work first, then play - and I sure enjoy my rest times. Whether that's my professional work or my passion or housework, I rest better after getting some work done. I feel I deserve it, that I have earned it, and so I enjoy it more.

A number of people border on two extremes when it comes to work and rest. There are those who work themselves to the ground and don't appreciate the importance of good rest. And there are those who do no work but rest all day, all week, all year. I could be wrong, but I don't think people in either of these two categories find life very satisfying.

We are built to work, and to rest. Focusing on one at the expense of the other is going against the manufacturer's manual. A machine repeatedly operated contrary to it's manufacturer's manual is bound to malfunction at some point.

None of us is too important to the work we do professionally or at home to step away from it from time to time to rest. And no one is too accomplished to work or make a contribution to others with their abilities and energy. Hard is work is truly deeply satisfying, it's a blessing, a privilege. The book of Proverbs puts it this way: "The diligent find freedom in their work; the lazy are oppressed by work." Proverbs 12:24 MSG.

And here's how the quester put it: "After looking at the way things are on this earth, here's what I've decided is the best way to live: Take care of yourself, have a good time, and make the most of whatever job you have for as long as God gives you life. We should make the most of what God gives, both the bounty and the capacity to enjoy it, accepting what's given and delighting in the work. It's God's gift!" Ecclesiastes 5:18-19 MSG.

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Written by Lillian Chebosi
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For His Glory,

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