

## *And God Rested*

We serve a God Who is omnipotent, omniscient, omnipresent. He created the world – in six days! And then what did He do? He rested.

God doesn't sweat, He doesn't get tired or suffer with aching muscles. But He took the time to step back, cease working, and enjoy His creation. If an all-powerful Being thought it was important to rest, that should send a message to us mere mortals.

We have been called to a noble mission in Life Care, Century Park and Life Care at Home. It is demanding work, albeit filled with personal rewards. But we need to rest occasionally. We must take time to recover physically, emotionally and spiritually from life's demands – personal as well as professional. We should take stock of where we've been, where we are and where we're headed. In addition to being a leader in the workplace, we ought to take the time to be a friend, a parent, a child of God.

Various studies, including one at the University of Chicago, reveal that those who fail to recharge their mental and physical batteries once in a while are more susceptible to illness and stress-related problems such as ulcers – and to make mistakes on the job. Many forget that activity, however productive it might seem, doesn't equal a quality life.

Moreover, in resting we find the time and the right frame of mind to contemplate God's wonders and to thank Him for His grace and kindness to us. We gather the energy to run the next miles on our journey with Him and toward Him.

And it makes us better leaders in our companies.

--Beecher Hunter