

Relaxing the Bow

Greek legend tells us that in ancient Athens a man noticed the great storyteller Aesop playing childish games with some little boys. The observer laughed and jeered at Aesop for this undignified behavior.

Instead of replying, Aesop picked up a bow that he sometimes used for playing a stringed instrument. He unstrung it and laid it on the ground.

Then he said to the critical Athenian, "Now, answer the riddle, if you can, and tell us what the unstrained bow implies."

The man could not tell him. He had no idea what it meant.

Aesop explained, "If you keep a bow always bent, it will break eventually. But if you let it go slack, it will be more fit for use when you want it."

It's like that with people, too. Our work in Life Care, Century Park and Life Care at Home is very demanding, calling for our full attention and much of our energy as we attend to the needs of our residents. That's why we ought to take the opportunity to rest – when the bow of life can be relaxed.

Remember, even God "rested from all His work" when He was creating the world and mankind (Genesis 2:3).

Shouldn't we follow His example? You can't do your best for the Lord and our residents if you don't rest once in a while.

--Beecher Hunter