

The Value of Rest

From nature, we can learn a lesson about the importance of rest. Built into the life of every tree are stages of dormancy.

In his book, *As a Tree Grows*, W. Phillip Keller points out that in northern climates the dormant phase is in the winter, and in the tropical regions it is during the hot, dry season.

“It is important to understand,” says Keller, “that dormancy is not death. A tree may appear to be dead, it is true. The leaves of deciduous trees will be stripped off in the fall, leaving a stark skeleton. The tree is nevertheless very much alive – but at rest.”



He added that the dormancy is immediately followed by a period of active growth. The dormant phase is a rebuilding and reconditioning for the upsurge of vigorous activity ahead.

Our work in Life Care, Century Park and Life Care at Home is responsible and demanding. We must give it our best. But because it requires so much of our time, energy and mental focus, the opportunities to spend time with families during holidays and vacation – and rest – are essential to maintaining our readiness and commitment.

In the spiritual realm, some Christians think that inactivity is a waste of time. They see the occasional lulls that come into life as being unproductive. But that is not necessarily the case. Notice what Christ did for His disciples after they had finished a strenuous period of evangelistic activity. He led them out into the wilderness to rest so they could be restored for further service.

Come to Me, all you who labor and are heavy laden, and I will give you rest (Matthew 11:28).

– Beecher Hunter