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And On the Seventh Day God Rested: The Importance of Getting Rest

A Commentary by Jason Curry



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The New Year has begun. Yearly goals have been established, New Year's resolutions have been made and people are off to an enthusiastic and energetic start to make this year a little better than the last. For many of us, optimism is still in the air, and we can't wait to indulge in a feverish pace to become more productive in our professional, personal and spiritual lives. As we look forward to the new year, it behooves us to consider the advice of many of the experts and professionals around us: We are in a race for success, but our race is not a sprint; therefore, we must pace ourselves throughout the year and find the time to rest so that we may recover, heal and optimize our productivity in the weeks and months to come. The idea and reality that Americans don't get enough rest was explicated stated by the Center for

Disease Control and Prevention in 2010. A study from this respected agency found that "more than a quarter of adults were getting six hours or less of sleep a night, which is considered unhealthy (Huffington Post, *Healthy Living*, March 18, 2010)." Yes, we need time to rest.

Paul reminds us that our bodies are the temple of the Holy Spirit (1 Corinthians 6:19). We have a biblical mandate and a divine responsibility to take care of ourselves. Recently, I was reminded of the significance of Paul's statement through a passage of scripture that was written by Moses in the book of Genesis. After God created the light and darkness (first day), the firmament dividing the waters (second day), the grass, the herb's and the fruit tree (third day), the stars (fourth day), the land and sea animals (fifth day), and human beings (sixth day), the

bible says that God rested. "And on the seventh day God ended his work which he had made, and he rested on the seventh day from all his work which he had made (Genesis 2:2)." If God, who created the heavens and the earth (Genesis 1:1), found the need to rest, surely God's creation (you and I) must also find the time to rest from the hectic, intense and unrelenting pace that the new year is sure to bring. Finding the time to rest should not be limited to sleeping. Finding time to rest may involve "unplugging" from social media (Facebook and Twitter), disengaging from routine conversations and finding the time to pray to and commune with God in solace and quietude. As we begin the new year, let us embrace the need and find the time to rest so that we complete the work that God has asked us to do.