



PUT YOUR FEET UP

By Geoff Serpell

In this time of enforced hibernation, rest may still be elusive. There are still the chores to be done, meals to prepare and possibly children to monitor as they do school on-line. Even with the hustle of work, we need to take time out for ourselves. We need to pull back and let the Lord refresh us.

There are many ways to obtain some “me-time”. One way is walking around the block carefully avoiding others doing the same, with or without a dog on a lead.

Rostering a time to put the feet up is necessary, sitting down with a cup of tea, maybe Bible in hand or playing some music will allow us to refocus. Susanna Wesley, whose

many children included the great Methodist, John, had a rule. She sat in a chair and covered her face with an apron. That was the sign to all that she was not to be disturbed.

During such a time, giving thanks or saying grace is a good occupation. Not just saying grace before meals but before opening a book, before sketching, before a concert [when we may be able to attend another concert] and saying grace before preparing some writing to share with others.

Whether it be five or twenty minutes, we are all entitled to obtain relaxation, rest, and regroup. It makes the whole day seem brighter and gives us a new perspective.

Reflection:

Dear Lord, help me to realize my need for a break. Let me rely on you and believe that all that needs to get done, will. At the same time, in all things, seek guidance and give thanks!

Thank you, Lord.