

"Rest Us"

Michael Leunig

God rest us.

Rest that part of us which is tired.

Awaken that part of us which is asleep.

God awaken us and awake within us.

Amen

Source: *The Prayer Tree*

This holiday weekend, the traditional "end of summer", I invite you to reflect on what it means to rest. As you think about where you fit in Michael Leunig's poem, think also about Augustine's famous summary of the spiritual life: our hearts are restless until they find rest in God.

Search for rest in God this Saturday, and if you are able, attend worship this weekend asking God to "awaken you"...to create a restless rest within you so that you will have one desire...to know God on an even deeper level in the week that lies ahead as you serve God in your labor and in your leisure.

Shalom,
Bill

P.S. This Labor Day weekend I thought it be good to reflect back one of the purposes of Saturday Stirrings. I am trying to capture the spirit of Sabbath (Saturday) as revealed in the Scriptures and connect that idea to the new creation which awaits us on the first day of the week, Sunday. ("We'll get back to your camping stories next week!")