

Sunday, February 12, 2023

Scripture Reading: Matthew 5:21-37

Relax, Recharge and Reflect. Sometimes it's OK to do nothing.
—*Izey Victoria Odiase*

A little more than five years ago, my wife and I were in Scotland to celebrate a wedding anniversary.

One day, we rummaged around in a backpack and retrieved a map to get the lay of the land. We noticed a spot over by Loch Lomond where there was a notation: “Rest and Be Thankful.”

This was not a helpful instruction or command from the mapmaker. It’s actually the name of a mountain pass, noted for its breathtaking view. On some paper or digital maps, it is simply called “The Rest.” It is the highest point on the A83 and is 803 feet above sea level, dividing Glen Kinglas from Glen Croe.

The place got its name because, in the days before motorcars, you had to slog through a long, uphill climb to get there. Once you topped the crest of the hill, you found yourself in a broad, level place, with a spectacular vista: a sight made all the sweeter by the knowledge that the road was all downhill from there. From the viewpoint of this famous beauty spot you can see the old valley road, engineered by General Wade during the subjection of Scotland following the Jacobite rebellion.

“Rest and be thankful” — it’s pretty good advice to remember at the end of every day, as well as on Sundays, a day of rest and gratitude.

Jesus himself invited us to come alongside of him and rest ... and perhaps be thankful as well. He said, “Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and humble in heart, and you will find rest for your souls” (Matthew 11:28-29).

Saint Augustine, the fourth-century theologian and author of the *Confessions*, once sought wealth, status and glory, thinking that these things would bring contentment and happiness. But he was wrong.

He turned his heart to God, and discovered, as he was later to write, “Thou hast made us for thyself, O Lord, and our heart is restless until it finds its rest in thee.”

So, tonight, pause for a moment to “rest and be thankful.”

—Timothy Merrill, with help of various internet sources

Prayer: O Lord, I cannot rest unless I have been active and doing something. Give me the strength to walk up the mountains, into the valleys and along the streams, until at the end of the day, I reach home and can rest from my labors, and be thankful. In your name. Amen.

Daily Bible Readings

Sunday: Exodus 21-24

Monday: Exodus 25-27

Tuesday: Exodus 28-31

Wednesday: Exodus 32-34

Thursday: Exodus 35-37

Friday: Exodus 38-40

Saturday: Psalms 16-18



WORD BOX

The answer for each numbered clue will be the same down and across.

CLUES FOR WORD BOX

1. One who keeps money
2. On top of
3. Casts a ballot
4. A happening
5. Takes it easy

1	2	3	4	5
2				
3				
4				
5				



VALENTINE'S DAY

Millions of Valentine's Day cards are being exchanged right now as we approach Valentine's Day on Friday. How many words of **three letters or more** can you find in the word "valentine"? Give it a try, and as you work on this, remember the people in your life for whom you have a special affection and love.

VALENTINE

Write your words in the empty space below.

Answers to Word Box: 1. saver, 2. above, 3. votes, 4. event, 5. rests.
Valentine's Day: vale, veil, tin, tine, nine, lent, ale, tale, event, even, vent, lean, veal, teen, eat, teal, vain, neat, lien, vein, ate, nave, tea, eave, eaten, nail, ail, Lenten, tan, tail ... and more.