

I Need a Vacation

by Carolyn Webb

I need a vacation! I'm sure that at some point in your life you have gotten to the point where you really need to get away from the troubles and stresses in your life. That's what vacation is all about. Webster's dictionary defines vacation as "a period of time when one stops working, going to school, etc. in order to rest and have recreation." My husband and I tend to take slightly opposing views on that definition. He is very much into the recreation aspect of vacation. He likes to go someplace new and pack as much into each day as possible. I on the other hand prefer to take a more relaxed approach. Lounging on the beach with a good book sounds perfect to me. Generally we manage to find a balance of recreation and rest.



Our Savior also recognized the need for vacation. When His disciples were so overwhelmed by many people coming and going that they did not even have a chance to eat, Jesus said to them, *"Come with me by yourselves to a quiet place and get some rest. So they went away by themselves in a boat to a solitary place."* (Mark 6:31-32) The Bible also tells us *"Jesus often withdrew to lonely places and prayed."* (Luke 5:15) These mini-vacations allowed for renewal of the mind, body and most importantly spirit. When Jesus went away, his primary purpose was to spend time with His Father in prayer. When He returned from his time away Jesus was ready to resume his work preaching the good news of the Kingdom of God.

Vacations are an important and necessary part of life. These breaks allow us to recharge and return to our work with new energy. Whether you are planning an extravagant trip or simply a break away from the usual routine, include some quality time with your Heavenly Family. Remember Jesus' invitation and promise: *"Come to me, all you who are weary and burdened, and I will give you rest."* (Matthew 11:28)



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Prayer: 28. Dearest Jesus, my Redeemer and Friend, I just wanted to say thank you...

Super Girl: 53. I'm lazy today. Got up this morning, took my...

Scripture References: Isaiah 28:12; Jeremiah 31:25; John 7:37; Acts 20:35

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