



Rest & Recreation

PRAYER INTENTIONS, SIGN OF THE CROSS & OPENING PRAYER (Standing or kneeling*) *Glory to you, Lord. "Make my body healthy and agile, my mind sharp and clear, my heart joyful and contented, my soul faithful and loving."¹ Let my heart, therefore be holy, true to you O Lord my God, so that all may know I belong to You². Have mercy on us, and be with us today as we contemplate rest & recreation.*

INTRODUCE TOPIC & SCRIPTURE **Mark 6:31** *"Come away by yourselves to a deserted place and rest a while."*

BREATH-WORK & GRATITUDE

BODILY PRAYER VERSE **Psalm 23:2-3** *"Near restful waters He leads me, He restores my soul."*

MEDITATION "...we shouldn't be surprised if we sometimes feel tired and need a rest. In our free time we need to recuperate our energies if we are to serve better and also avoid injuring our health.... Saint Gregory comments that a cord cannot endure constant tension, and an archer needs to loosen the ends of a bow if he wants to be able to draw it again later on. God wills that, as far as we ourselves are concerned, we should take care to be in good physical condition, because He expects a lot of us."³

"Come away... and rest awhile, says the Master. Far from being an excuse to get wrapped up in ourselves, relaxation is an occasion to seek Christ, because there are no holidays in Love...St. Jose Maria said, 'Rest means recuperation – to gain strength, to form ideals and make plans. In other words, it means a change of occupation, so that you can come back later to your daily job with a renewed energy.' It has to be a time of interior enrichment, a time when love of God is given a chance to grow..."⁴

RESOLUTION (Re-read Scripture.) Very often...we may not feel in great form and yet have to soldier on at our business, housework or study. Moments like these are for turning to God, because it means that Our Lord is very close to us and wants us to take the appropriate remedy: to go to the doctor perhaps... To get a little more sleep; to go for a walk or maybe read a good book". It may be time to take that long needed vacation. When I seek rest & recreation, do I also use it as an opportunity to refresh my soul? Do I see God in the beauty of my surroundings? The splendor of the beach and ocean? The magnificence of the mountains? Holy Spirit, come...

ENDING PRAYER (Kneeling*) *Lord, we thank you for this opportunity to be able to come together - to work on ourselves and strengthen ourselves, physically as well as spiritually. May all I do, glorify You. Our Lady of Good Health: **pray for us**; St. Joseph: **pray for us**; St. Peter (or saint of the day): **pray for us**. In the name of the Father, and of the Son, and of the Holy Spirit, Amen.*

¹ St. Thomas Aquinas

² Based on 1Kings 8:61 and 43

³ Fr. Francis Fernandez, *In Conversation With God*, Vol. 4, 29.1. Used with permission.

⁴ Fr. Francis Fernandez, *In Conversation With God*, Vol. 4, 29.2. Used with permission.

*Modifications include raised -knee position or sitting with legs extended. *Cross legged seated position is not to be used during prayer.*

