



Rest

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 You.² Have mercy on us, and be with us today as we contemplate our need to rest.

INTRODUCE TOPIC & SCRIPTURE **Matthew 11:28** "Come to me all you who labor and are heavy laden, and I will give you rest."

BREATH-WORK & GRATITUDE

BODILY PRAYER VERSE (Based on Psalm 62:2 & 6) **“O God, my soul finds rest in you alone.”**

MEDITATION We should learn to rest. If we can avoid becoming totally exhausted we should not fail to do so. God wants us to look after our health, and to know how to recover our strength. It is part of the fifth commandment. We need to rest in order to be fit, to restore lost energy, and so that our work may be all the more effective. Above all, we need it so as to serve God and other people better...It has been said that to rest is not to do nothing: it is to relax in activities which demand less effort. Leisure provides an opportunity for interior enrichment. / We should not confuse rest with laziness... “Mother Church has always taken an interest in the physical well-being of her children. Commenting on the passage of the Gospel that tells us how Jesus stayed and rested in the house of Martha and Mary, (Saint) John Paul II pointed out that rest means leaving one’s everyday occupation, detaching oneself from the normal toil of the day, the week and the year. It is important that we do not wander round aimlessly; our time off must not just be an empty time. Sometimes, the Pontiff said, it will be good to go and enjoy nature – the mountains, the sea, the forest... And of course it should always be desirable for one’s leisure time to be filled with something different, a new content that nevertheless still leads to an encounter with God. We should open up the inward eyes of the soul to His Presence in the world and incline our inward ear to this Word of truth.”³

RESOLUTION (Re-read Scripture.) God expects us to care for our health and to get proper rest and that “our leisure be properly employed to refresh the spirit and strengthen the health of mind and body.”⁴ “Subjecting oneself to a timetable, dedicating sufficient time to sleep, going occasionally for a walk or a simple outing, are means which we should use. In short, we should put order into our activity”⁵ to ensure proper time for rest. Do I give myself time to refresh my body and soul? Go to God and let Him give you rest. Mary, Queen of Peace, pray for us.

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. Mary, Nature’s Restoration: **pray for us**; St. Joseph: **pray for us**; St. John Paul II (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 Francis Fernandez, In Conversation With God, Vol. 3, 33.3. Scepter Publishers. Used with permission. www.scepterpublishers.org

⁴ Cardinal Angelo Sodano on 27th World Day of Tourism, in reference to the Second Vatican Council’s Gaudium, et Spes, No. 61

⁵ Francis Fernandez, In Conversation With God, Vol. 3, 33.2. Scepter Publishers. Used with permission. www.scepterpublishers.org

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

