



Leisure

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 leisure.*

INTRODUCE TOPIC & SCRIPTURE Gen. 2:3 *"So God blessed the seventh day and made it holy, because on it he rested from all the work he had done in creation."*

BREATH-WORK & GRATITUDE

BODILY PRAYER VERSE (Based on Psalm 62:6) **"O God, my soul rests in You."**

MEDITATION The Catechism of the Catholic Church states: "Just as God 'rested on the seventh day from all His work which He had done,' human life has a rhythm of work and rest. The Institution of the Lord's Day helps everyone enjoy adequate rest and leisure to cultivate their familial, cultural, social, and religious lives. On Sundays and other holy days of obligation, the faithful are to refrain from engaging in work or activities that hinder the worship owed to God, the joy proper to the Lord's Day, the performance of the works of mercy and the appropriate relaxation of mind and body."³

"With each beat our hearts teach us the importance of respecting natural rhythms – the necessity to balance work and rest. During your lifetime your heart will beat 2.5 billion times and will pump more than 1 million barrels of blood throughout your body. It is important to note that between each powerful beat of your heart, it rests. This resting period allows the heart to reload – to do the work of the next beat. Likewise, you and I need time to 'reload.' We need rest. The medical community understands this principle well – every day they see its effects when ignored."⁴ Research shows that when you lead a balanced life of work and rest, your body is in sync and your "blood pressure drops, stress hormones plummet, anti-aging hormones increase, clarity and calmness result."⁵

RESOLUTION

(Re-read Scripture.) After six days of creation, did God rest because He was tired? No, He was setting an example for us. He was setting a rhythm of rest into our weekly cycle. In our stressed out world, we desperately need the kind of rest that only God can give. In Hebrews 4:9 it says, "For whoever enters God's rest also ceases from his labors as God did from His." In this quiet time, ask God, "Am I getting enough rest? Do I accept the gift of leisure that God so lovingly wants me to enjoy?"

Mary, give me the grace and strength to daily make the choice to strive to live a healthy, balanced life as best as I am able, and help me to find rest for mind, body and soul.

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 we do glorify You. Mary, Cause of our Joy: **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 [The Catechism of the Catholic Church](#). Liguori Publications, 1994. Par. 2184 – 2185.

⁴ Des Cummings, Jr., Ph.D. with Monica P. Reed, M.D., *Creation Health: Secrets for Feeling Fit and Living Long*. Review and Harold Publishing Association, 2003 (Originally published by Florida Hospital Publishing), pg. 30

⁵ Ibid.

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

