



Work and 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 You². Have mercy on us, and be with us today as we contemplate balancing work and rest.*

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

BREATH-WORK & GRATITUDE

BODILY PRAYER VERSE (Based on Psalm 37:7) **"Lord, I rest in you."**

MEDITATION "We cannot get a real satisfaction out of our work unless we pause, frequently, to ask ourselves why we are doing it, and whether its purpose is one our minds wholeheartedly approve. Perhaps one reason why so many of our... projects miscarry is because (we do not) stop to question whether it should be done at all. Merely keeping busy, merely getting paid can never satisfy man's need for creative work."³ We must stop to ask God what work He needs us to do, and then do it because any job "can be lifted up and given Divine purpose, if it is seen in the perspective of Eternity. The sweeping of a floor", the preparation of food, the cleaning of a bathroom, the copying of a document – "all these can be 'made good' through a simple act of the will which directs them to the service of God. The simplest task can be given spiritual significance and made Divine."⁴ / "If we direct our work towards God, we shall work better than we know."⁵ This is one reason why we need rest. Resting from work once a week, one "does well to come before his God to admit how much of what he did during the week was the work of his Creator; he can remind himself, then, that the material on which he labored came from other hands, that the ideas he employed entered his mind from a Higher source, that the very energy which he employed was a gift of God."⁶ "Repose allows us to contemplate the little things we do in their relationship to the vast things which alone can give them worth and meaning. It reminds us that all actions get their worth from God... (this restores) our workday life to its true worth by setting it in its real relationship to God, Who is its end and ours."⁷

RESOLUTION (Re-read Scripture.) There is a beautiful relationship between work and rest, each an important compliment to the other. After I labor, do I set aside time for true repose? When I do rest, do I spend time reflecting on the work I am called to do? Do I understand that my work can be made holy when I give everything to God? Lord, during this time with you, speak to our hearts. *Lord Jesus, teach us what we must do in our work and our rest to unify all things in You.*

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, Ever Green and Fruitful, **pray for us**; St. Joseph: **pray for us**; St. Joseph, patron saint of workers: **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 Fulton J. Sheen, *Way to Happiness*, 9. Repose

⁴ Ibid

⁵ Ibid

⁶ Ibid

⁷ Ibid

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

