



## *Less Stress = Less Mess!*

Stress is messy. It causes irritability, mistakes, disease, breaks in relationships and profound, spirit-draining fatigue, among other things. In each daily rotation of the sun and moon, we run in circles packing more and more activities into the quota of given hours. As we stuff the clock, we often stuff ourselves, stifle our creativity and stumble into bed exhausted and feeling the frustration of not having completed our 'to do' list.

*'Tis the season for stillness and silent nights ...*

### *Consider This:*

- *“Cast all your anxiety upon God for God cares for you.” I Peter 5:7*
- *“When a man cannot do what he would, he must do what he can.”  
Francis Asbury*
- *“He who made them for Himself would not suffer them to rest until they rested in Him.”  
John Wesley*
- *“Be still and know that I am God.”  
Psalms 46:10*

### *Responding from Within:*

1. What one positive change can you make in your schedule and “to do” list? Consider scheduling stillness? What happens when you are still?
2. How do you rest? With whom do you ‘rest best’? What brings you rest? What does it mean to you to “rest in God”?
3. Reflect on *your responsibility for a restless world* troubled by poverty, homelessness, diseases, war, terrorism and geo-political strife. Where is God in this kind of stressed world?

### *Prayer:*

Lord of the Sabbath; bring rest to our shared world and to my world. Grant silent days, holy days; silent nights, holy nights. Lead us on the path of stillness and peace. Amen.