Finding Time to ‘Rest’ in God

Key Bible Verses

- Mataio 11:29 - E amo ‘oukou i kaʻu ‘auamo ma luna iho o ‘oukou, a e aʻo ‘ia ‘oukou e aʻu: no ka mea, uaakahai au, ua haʻahaʻa kuʻu naʻau, a e loaʻa iā ‘oukou ka maha no ko ‘oukou mau ‘uhane.

   Matthew 11:29 – “Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls.” (NLT)

- Halelū 116:7 - E kuʻu ‘uhane, e hoʻi ‘oe i kou wahi e hoʻomaha ai,
   No ka mea, hana maikaʻi mai ʻo lēhova iā ʻoe

   Psalms 116:7 – “Let my soul be at rest again, for the Lord has been good to me.” (NLT)

- Halelū 127:2 - He mea wale iā ‘oukou ke ala i kakahiaka nui ma hope o ka hoʻomaha ʻana, E ʻai i ka ʻai o ka hoʻokaumaha ʻia; No ka mea, pēlā ʻO ia e hoʻomoe ai i kona poʻe aloha.

   Psalms 127:2 – “It is useless for you to work so hard from early morning until late at night, anxiously working for food to eat; for God gives rest to his loved ones.” (NLT)

Manaʻo / Thoughts

By Dustin Clevenger, Kamehameha Schools Director of Internal Audit

As we enter the season of Lent and Easter we remember the sacrifice Jesus Christ made on the cross to provide us forgiveness and eternal life. In these 40 days, amidst the busy lives that we lead, I encourage you to reflect on how you can spend more time with God on a daily basis and be intentional about finding time to “rest” in God’s presence and word.
Have you ever found yourself overwhelmed by the tasks, appointments, meetings, and conversations within your busy schedule – trying to balance many work responsibilities with family time, daycare, your children’s school and sports activities, etc.?

We live in a world that often seems set up to encourage maximizing efficiency and productivity at the expense of quiet time to decompress. Many people view busyness as a badge of honor; proof that they are accomplishing more than the average person. The reason why you’re so tired all the time and why you get stressed-out is because you’re trying to live your life on your own power. God never meant for you to do that.

The Bible suggests a different priority in regard to where we spend our time. It encourages a life focused on spending time with the God who created all things. There are many examples of where we are commanded to spend time with God, listening for his words, speaking to him and worshiping him.

Many well-intentioned Christians get burdened by the tasks of everyday life and never recognize a solution that lowers stress, increases joy and simplifies life.

This solution is a daily ongoing effort to rest in the presence of God. Many people believe that a daily quiet time with God requires a lengthy and formal time of prayer with heavy doses of reading scripture. This is not the case. Start with just 15 minutes a day talking with God and build upon that.

This may be a quiet time in the morning or before bed to read the Bible and reflect on God’s promises. For others, this may mean a daily conversation with God while commuting to and from work. Alternatively, finding a quiet park or peaceful area outside or at home where you aren’t distracted and able to think about all of the blessings God has given you may provide to rest.

I personally like spend time with God while in the car and in brief moments between meetings and events. This ‘ongoing’ conversation helps remind me about God’s grace when I am getting caught up with all the commotion of the daily grind.

In traditional Hawai‘i, our kūpuna also understood the value of ho‘omaha – a time to rest and rejuvenate. During this traditional season of Lonoikamakahiki, our ancestors demonstrated their appreciation for the bounties of life and the importance of rejuvenation and peace upon the land and among the people.
Our kūpuna also paid close attention to the pō mahina – traditional moon phases – and seasons by which they planted, harvested, fished and worked in general. They understood that their hua hana – fruits of their labor – would be more bountiful with their careful attention to nature and lōkahi – a proper balance and harmony. This is expressed in this Hawaiian proverb:

*Kau ke poʻo i ka uluna, ʻo Welehu ka malama*

Rest the head on the pillow; Welehu is the month.

Said of one whose work is done and who is able to rest. **Welehu** is a stormy month when little can be done except remain at home and sleep.

However you choose to rest in God’s presence, make it a priority to find this time on a daily basis. This rest will surely bring encouragement, hope for the future, and help re-center you on God’s desire for your life.

**Teen Take**
By Kasey Redman, KSM ‘16

Finding time to rest in God can pose a difficult challenge during the hectic times of senior year. Between school, work, clubs, dance classes, college applications and scholarship applications, it is hard to find free time for anything; however, there is one constant throughout my life and throughout my day. That constant and foundation of my life is God and my faith.

I start off every day with a devotional; even in this technological age with constant attachment to our cell phones, I still read my devotional every morning because I have an app on my phone 😊. On days when I feel all the stress and chaos is too much, I extend my morning readings throughout the day to keep me grounded and focused. Although I may not attend church as much as I should or talk to God every moment I need to, I stay rooted in God through His word and His teachings.

**Questions to Ponder**
- What are the activities or responsibilities that keep me from resting well?
- How can I “rest” in God’s presence on a daily basis?
- How can I simplify things in my life to find more time to spend with God?
- Which praise and prayer can I reflect on each day during my time with God?
- How can I minimize the stress in my life this Easter? What will I have to let go of to do that?
**Pule / Prayer**

E ke Akua, you are the God who gives us peace in our times of busyness. Give us your rest during this time of Lent so we might focus in on the gift of your Son Jesus Christ. Help us to find balance in our lives by having you in our midst always. Ma ka inoa o ka Makua, a me ke Keiki, a me ka ‘Uhane Hemolele – In the name of the Father, and of the Son, and of the Holy Spirit, Amen.

**Keiki Activity**

- Before you go to sleep each night, spend a few minutes thinking about all the blessings that God provided you during the day. Ask him to give you peaceful rest during the night.
- Make a list of three people you can pray for and ask God to help them.

**Hīmeni / Hymn**

‘Ike ‘Oe / Do You Know My Jesus

Have you a heart that’s weary
Tending a load of care
Are you a soul that’s seeking
Then rest from the burden you bear.

Chorus:

Oh! Do you know my Jesus
Do you know my friend
Have you heard that he loves you
And that he’ll abide till the end.

‘Ike ‘oe kuʻu Iesu
‘Ike ‘oe tuʻu hoa
He aloha oia
Ia ‘oe a mau loa no.