

Give It a Rest
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This weekend, we once again celebrate Labor Day. I don't know about you, but sometimes I think I work harder when I am off work than I do at the office. It seems like no matter when I take time off, I work myself to exhaustion. I know that on Labor Day, it is a time to honor the nation's workforce, but it seems like it winds up being a time to honor forced work.

An example would be last month. When my wife and I took off to celebrate our anniversary, we spent a couple of days on a sort of second honeymoon, then went to Alabama to visit one of the kids. My wife had bought a large outdoor play set for our grandson for his birthday. Unfortunately, my son had neither the time nor skills to construct this monstrosity. I guess that is what Grandpa's are for. It took me a day and a half, but I got it put together.

We left Alabama and went to our house in Florida where my father and I spent an entire day putting up ceiling fans on our back patio. It was a challenge because there is no ceiling and we had to install a brace to hold the fans first. The end result is very nice and makes a welcome addition to the patio, but it was work getting there.

After a day of working on the house, we drove to Pensacola to visit with our other son. When I was there, I mowed the yard and my wife and I entertained our grandson while our daughter-in-law took care of some chores she had been wanting to do for a while. After a day or two there, we came back home to Albany where I had to mow my own lawn, work on a sermon and go through a long list of email. Finally, I checked in off of leave.

I expect to have friends in from Jacksonville, Florida for the Labor Day weekend. I think we will probably play a little bit of golf, and generally enjoy each other's company. By Tuesday, I'll probably be ready to come back to work. The reality is that I probably couldn't stand to sit still for very long, anyway. I have a need to be doing something.

In the Bible, Jesus extended an invitation to everyone who ever thought they needed a rest. If you have ever felt burdened by life and had the feeling that you were being overwhelmed, you probably felt like you just needed a break. You wondered if there would ever come a time that you would be able to just rest from the struggles of life. Jesus said that if we would come to Him, he would give us rest. He didn't say we would be bored, just that he would ease our burdens and give us rest.

I think that is something anyone could appreciate. If we really approach Jesus with the attitude that we can't carry the burdens of life any longer, he will give us a better way. The greatest burden of life is our own sin and Jesus has promised to take that burden from us, if we will only trust Him.

This Labor Day, as you take a break from some of your regular activities, I would encourage you to take a break from that which really weighs you down. The weight of sin is greater than any of us can carry. Let God carry it for you.

Semper Fi in the Lord and I hope to see you in church on Sunday.