

Our society has come to value productivity over all else.

Sick workers still come to work because they can't afford to miss days due to the fact that they either don't have days off or they legitimately cannot afford the money lost from missing. Students constantly stress themselves out over getting the best grades possible on every assignment and test. We are taught that working yourself to the bone is the only way, and if you don't, you're lazy and useless.

This has become such a norm that it's honestly sad. We as a world no longer care about human beings but only the amount of work that they can produce.

But, from a Christian perspective, the Bible teaches us a *balance*. We are told that it's important to work diligently, as if for the Lord and not for men (Ephesians 6:7), but also the concept of resting is emphasized alongside this throughout the Bible.

The very first example of rest is in the creation narrative. On the seventh day, we're shown that God rests (Genesis 2:2) after His work in creation. This also set the foundation for the Jewish Sabbath (or Shabbat), the day of complete rest in the Old Testament, and continuing throughout the Bible, the term "God's rest" is also mentioned.

This term means that when we spend time with God, we can simply rest. Our worries and cares are laid down at His feet, and our minds can be stilled. We don't have to worry about what's next on the agenda, or if we said the right thing. God's powerful love washes over us.

In the New Testament, Jesus also spoke about resting, and giving our burdens up to Him (Matthew 11:28-30) and how He is our ultimate source of peace (John 14:27). This again shows how, while work is important, resting is equally important.

As Christians, this means that this is a concept we can integrate into our everyday lives. We rest when we need to, defying societal norms about how we work, and we make time to be in God's presence and rest. We value human beings and their wellbeing first and foremost, loving our neighbor as the Bible tells us.

In summary: take a break! Let God "refuel" your energy.