

TAKE A BREAK!

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LOCAL
CHURCH
LEADERS

Young adults in the 21st century are busy. We have jobs, families, friends, hobbies, church activities, and more. Beyond that, we are intrinsically connected to others: Through social media, we are made aware of the happenings of others' lives. We know how many tacos they ate for lunch yesterday, how many young adults attended their weekly Bible study, what time they drank their coffee in the morning, the amazing promotion they just received at work, and the color of their dog's new collar.

If I am honest, many times I find myself comparing my level of busyness and productivity to others. I think to myself, "I must not be working hard enough or doing enough since we are not having success like them."

And I'm right ... to an extent. I could never work hard enough to reproduce exactly what God has done for someone else. But on the other hand, I am so wrong. Busyness does not equal success.

My husband and I are young in our ministry. We are newlyweds without kids. We work a lot. We are busy. Really, really busy. My husband is a student pastor and a realtor. I am a graphics designer, a music teacher, and halfway through my internship as a professional counselor. Oh, and we renovate houses in our "spare time" and have a super cute puppy named Flo. We are often the guiltiest ones of all when it comes to the trap of busyness. But if there is one thing we have learned in our twenties, it is that in the midst of all our busyness, we must find time to rest.

I can be no good to others (on a relational level), if I am not well myself. If I am not making time to grow in my walk with God and invest in my relationship with my spouse, I will not be able to give in an overflow to those I am ministering to.

Sure, we can provide a great system for them. We can be glorified event planners for Jesus. But I believe that God has called us to more.

Rest is vital. It is so vital that God devoted an entire day of creation to rest alone. And then He instructed us to "remember the Sabbath day, and keep it holy" (Exodus 20:8–10).

It is simple, really.

God. Family. Others.

Pray. Work. Rest. Repeat.

So take a break! In fact, plan a break. Work rest into your weekly schedule. You will be amazed at the difference it makes in your personal walk with God, your relationships with others, and in your ministry.