

The series, *24*, is a phenomenally successful TV show about one day in the life of Jack Bauer and the team trying to avert attacks and national disasters. For all the drama and thrill we enjoy watching in such episodes, we can't live like Jack Bauer 24/7 and survive. Rest is not an option; it is vital for health, balance and well-being in life.

Six days you shall work but on the seventh day you shall rest. In plowing time and in harvest you shall rest. —Exodus 34:21

WHY YOU ARE NOT JACK BAUER

"When we violate the principle of Sabbath Rest, our souls suffer as do our relationships, our creative energies and, ultimately, our physical health."
—Richard Exley

The Three R's of Life Balance

1. **Recognize** (I am not an unlimited resource)
2. **Resolve** (I can only live one day at a time)
3. **Remember** (I need rest to be my best each day I live)

The apostles returned to Jesus and told him all that they had done and taught. And he said to them, "Come away by yourselves to a desolate place and rest a while." For many were coming and going, and they had no leisure even to eat. —Mark 6:30-31

Examine Some Barriers to Intentional Rest

• Psychological

"We're too busy because we want to be too busy. We could cut out a great deal of activity and not affect our productivity." —Richard Foster

It is in vain that you rise up early and go late to rest, eating the bread of anxious toil; for he gives to his beloved sleep. —Psalm 127:2

- **Circumstantial**—overloaded, overcommitted, overwhelmed
- **Spiritual**—struggling with anxiety and control

... do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. —Philippians 4:6-7

Establish Some Boundaries for Intentional Rest

- **Spend time alone with God.**

"After a certain amount of immersion in public life, I begin to burn out. And I have noticed that I burn out inwardly long before I do outwardly. Hence, I must be careful not to become a frantic bundle of hollow energy, busy among people but devoid of life. I must learn when to retreat, like Jesus, and experience the recreating power of God... And along the journey we need to discover numerous "tarrying places "where we can receive heavenly manna."
—Richard Foster

- **Make time to share life with your mate and have fun with your family.**
- **Recover nap time.**
- **Take a walk and don't look back.**
- **Go to church and build friendships around faith.**
- **Volunteer to give time to some people in need.**

Come to me, all who labor
and are heavy laden,
and I will give you rest.
—Matthew 11:28