

## IN EXCELSIS DEO ADVENT 2024

**Tuesday December 10**

**Read: Isaiah 40:27-31**

I just read this morning about the danger in not giving ourselves permission to rest. We always have to be busy being “productive”. During this time of the year, this sacred time of the year, we sometimes find ourselves busier than is spiritually, physically or emotionally healthy.

The writer of Isaiah seems to be reminding us of God’s nature in relationship to rest and waiting. God always sees and meets us where we are on our journey. We are never hidden from his vision. His power and strength are often passed on to us, however, through times of rest and reflection. We can move forward in and through the difficult times of life only because of His strength found when we rest and wait on Him to direct and strengthen us. God’s strength never fails. He never becomes weary in being present for his children.

The challenge for us during the Advent season and throughout the year is knowing when to rest and wait. Waiting is difficult for me. Fortunately, I have individuals in my life who will tell me when I need to say no and when I need to be still. Sometimes I listen to them and am the better for having done so. I have learned that a quiet day at home reading, resting, or catching up on the regular chores of life revives my spirit and gives me energy for the difficult days.

So, this year, say no when your schedule is too full for one more event or activity. Say yes to reading that book on your shelf or listening to great music. Say no to spending beyond your budget. Say yes to quietly giving to a favorite charity or a family who needs help. Say no to activities that do not bring significant meaning to your life. Say yes to an activity that brings you closer together as a family or nourishes your soul. We all have the same number of hours in a day. It’s the way we choose to spend those hours that makes the difference.

Say yes to waiting on God.....You never know what may happen!

Rhonda Lewis