

Come Apart

“When I have so much to do that I don’t know what to do, the best thing I can do is do nothing for several hours.”

There are times when we have to get away from it all, to clear our heads and sort things out relating to our body, soul and spirit.

Jesus said to his apostles: *“Come ye yourselves apart into a desert place, and rest a while”: for there were many [people] coming and going, and they had no leisure so much as to eat*” (Mark. 6:31, AV). I purposely used the Authorized Version because it lends itself to a play on words.

You choose which way you want to *come apart* – the King James way or the contemporary way.

In my sound bite, I could have said the predictable: “When I have so much to do that I do not know what to do, the best thing I can do is prayerfully prioritize. And people do that. And it works – for awhile. However, it does not really get to the core of the problem.

Every rope has its breaking point. Humans have *their* breaking point. We do have limitations. *“The spirit is willing but the flesh is weak.”* “Fragile – handle with care.”

So, there are times when we have to do more than prayerfully prioritize; we have to prayerfully prune...cut back. We can do only so much – effectively and efficiently. At some point, our lives can become counterproductive and even self-destructive.

When physical/mental/emotional/spiritual health breaks, then what? Instead of being an asset, we became a liability; instead of a blessing – a burden. It’s not worth it, and it does not have to happen. If I only know how to say “yes,” at some point my body and soul will say “no,” but by the time I pay attention, the damage may already be done. And let’s not forget stewardship – management of the body. We are the Lord’s bought possession. We need to take good care of his property for him.

In our heads, we all know theoretically that we are not indispensable, even though we hate to admit it. I have had to face up to my own limitations. I found out that the world does not stop turning when I am put on hold or set aside.

When we set goals for ourselves, do we do it in consultation with the Holy Spirit? If we do not, our goals may not be realistic. If they are not realistic, they will become our enemies. And, if Satan cannot stop us or slow us down, he will try to push us over the edge. That’s why we need to be motivated by the indwelling Holy Spirit. He wants to work closely with us. He knows our limits and he protects us – often from ourselves. And anyway he, not I, should be in control of me.

It’s true that Isaiah 40:31 talks about running and not becoming weary. But, that happens only when we hope in the Lord, depend on him, spend time exclusively with him, allow him to reenergize us and stay connected to him. And do not forget: whether we are working or relaxing, everything we do, we do for him – for his benefit, for his glory.

So, “...do nothing for several hours” may very well mean several days. Each one of us

takes whatever time it takes – some more, some less. And doing nothing is not necessarily a luxury or a waste of time; sometimes, it's a necessity. Total nothingness can be more worthwhile than crowded hustle-bustle. The idea is to find and maintain a healthy balance between action and reflection.

Soundbite49: *I am the only person who can write anxiety into my job description.*

Soundbite201: *If you're anxious about anything, you're anxious for nothing. ◇◇*