

Dear NU Community,

In a recent conversation with a faculty member, they expressed their enthusiasm as they anticipated the coming spring break. I am also looking forward to spring break, but perhaps not for the same reason! I will be with 130 members of the Northwest Choralons choir, ministering in Southern California, which is one of my favorite things to do. Perhaps you, like my faculty friend, are anticipating the break as a time to have some downtime and "recharge."

Downtime or rest is an essential part of life. The Bible refers to it as Sabbath (Exodus 31:12,13), I often refer to it as "white space." I love to see white space on my calendar. It gives me a moment to breathe and prepare for what is ahead. In Mark 6:30-34, Jesus felt the same way. He escaped to a solitary place to get some rest. He made rest a regular ritual in order to prepare himself for what was ahead. People around Jesus were in such need, and he felt deep compassion for each one of them. The original language tells us that Jesus' heart broke for the needs of people. In response, he did many things for people and still does today. However, before he did anything, he made sure he was personally rested and mentally prepared for the challenges of the culture and demands on his character. This is a practice I have tried to adopt in my own life. When I was sixteen years old, I began having a scheduled quiet time with the Lord each day. I can't say it has stayed perfectly intact through the years, but it is a regular part of my life and it gives me strength when I need it most.

Jesus, I pray that as we approach spring break, you will give rest to those who need it most. Help those in our community who need to be strengthened for the journey ahead. More importantly, I pray that you will impress upon all of us the importance of solitude on a regular basis. We are all in need of frequent quiet moments where we can hear your Spirit speak to our hearts. In Jesus name, Amen.

COMING UP THIS WEEK

Mon, Feb 26 | Seven & Seven | Community-wide prayer time in Butterfield Chapel at 7am

Mon, Feb 26 | Chapel: Megan Netherton | Butterfield Chapel Balcony, 10 & 11:20am

Mon, Feb 26 | Pursuit | Butterfield Chapel, 8:30pm

Tues, Feb 27 | Fair Trade Forum* | Pecota Lounge, 7pm ***Spiritual Life Credit Offered**

Wed, Feb 28 | Chapel: President Castleberry – Why Faith? | Butterfield Chapel, 10 & 11:20am

Fri, March 2 | NO CHAPEL – ENJOY SPRING BREAK!

In Christ, our source of rest,

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