The day following Christmas, my family and I took our annual vacation to St. Augustine Beach in Florida. I look forward to this event each year because it provides an excellent opportunity, not merely to get away from the hustle and bustle of everyday life, but it also allows me to gain a clear perspective on things. That’s important because many times when I am right in the thick of things, it’s difficult to see the forest for the trees.

One of the things that quickly became clear to me was that while I was in the midst of maintaining my hectic schedule, I failed to realize that my mind and body were in desperate need of rest. It is similar to what I experience each Friday evening when the Sabbath is ushered in. While I am running frantically through the week, I don’t feel the toil that it is having on me. But then, as Sabbath evening rolls around, and no sooner than we begin to sing the words to *Safely Through Another Week*, I can actually feel the change that is taking place in my body as it seems to cry out, “Thank you Jesus!”

I don’t know about you, but I am so grateful that God has provided us with this respite - a type of vacation, if you please, so that our minds and bodies can experience a weekly mental, physical and spiritual revitalization. Can you say, “Now the day is over?”

As we celebrate the grace of God in our worship experience this Sabbath, we are pleased to have Pastor Hal Gates, founder of Adventist Recovery Ministries, (formerly known as *Regeneration*) as our guest speaker for both the 8:45 and 11:15 services. We are also pleased to have Karla Rivera Bucklew, who will share her musical gifts as she lifts her voice to God in song.

My prayer for the Sligo family as we approach another Sabbath is that we will experience (on a daily basis) the true rest that God has for each of His children. It is *rest* that can be ours if we are willing to place our complete trust in Him.

Charles A. Tapp

Senior Pastor
Spam
Not spam
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