

## July 2026

It's July, the schools are winding down for the summer break, the sun is (hopefully!) shining and the thoughts of many of us are turning to finding the opportunity to take a break from the usual routine which might just mean taking an occasional day out or sitting in the garden. I find it particularly beneficial to get away from the computer screen!

Making regular times to recharge one's batteries is important and has Biblical foundations and we are all encouraged to have at least one day 'off' each week. Right at the beginning of Genesis (2:1-3), we read that God created the Sabbath to provide a weekly rhythm of rest, worship and relationship. This mirrored God's own time of rest after he finished creation, and it's to prevent human burnout and serve as a reminder that our worth goes far beyond our productivity. It sets a divine example for humanity to balance work with intentional pause.

Later, in the New Testament, Jesus says that 'The Sabbath was made for man, not man for the Sabbath' (Mark 2:27). He is reminding the religious leaders of the day that people were never expected to be enslaved by strict man-made rules about the Sabbath (which the Pharisees were rather too fond of pushing) but rather that the Sabbath was created to be a blessing and a time of rest and refreshment for humanity. Jesus then goes on to declare that 'the Son of Man is Lord, even of the Sabbath' (Mark 2:28), asserting that ultimate authority over rest, grace and human wellbeing rests with him, far above any human or religious tradition.

I wish you every blessing for the summer, and whether you spend it at home or away I hope that you will find time for some spiritual, physical and mental refreshment.

God bless

Revd Sue

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