Traveling the Way of Love

Episode 2: REST

Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid. –John 14:27

From the beginning of creation, God has established the sacred pattern of going and returning, labor and rest. Especially today, God invites us to dedicate time for restoration and wholeness – within our bodies, minds, and souls, and within our communities and institutions. By resting, we place our trust in God, the primary actor who brings all things to their fullness.

In this episode of Traveling the Way of Love, we visit with the Rev. Jimmy Bartz, rector of St. John’s Episcopal Church in Jackson Hole, Wyoming. This mountain town, situated in the midst of God’s glorious creation in the Grand Tetons, is flush with natural beauty and opportunities for rest and recreation. In this conversation, though, we discuss how you don’t need alpine valleys or freshly packed snow in order to rest.

In fact, you only need to practice settling yourself, receiving the gifts of God’s grace, peace, and restoration – something perhaps more easily said than done at first. Receiving those gifts from God requires practice. That practice might take place around a campfire or in a clearing on a mountain walk, but it could just as easily happen with a friend at a coffee shop, while relaxing with a pet, or through meditation in a local park. That isn’t to say that resting is always easy! Challenge yourself to rest for a few minutes at first, adding a little extra time each day. Challenge yourself to slow down and step back when daily tasks require you to be more frantic and frenetic.

As you watch this second episode of Traveling the Way of Love, consider some of the things that might keep you from really resting – from being settled and present to the world around you. What if resting is more than turning on the television simply to consume? What if we confuse the quest for wholeness and peace with the act of treating ourselves to unnecessary things? What if there’s more to rest – and what happens when we start seeing it as a key to peace, rather than an impediment to overcome? How will you and your congregation rest in a world that sometimes glorifies trouble and fear?

This episode was made possible by the Episcopal Diocese of Wyoming in partnership with The Episcopal Church Office of Communication.
After watching Traveling the Way of Love: Rest, consider engaging the Way of Love with one or more of these suggested practices.

**TURN**
Orient yourself toward the message of this video by reading the short reflection on this second episode of Traveling the Way of Love here: bit.ly/RestBlog

**LEARN**
Read Matthew 11:28-30 and meditate on its meaning for five minutes. “Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.”

Rest secure in the knowledge that you are in the hands of an unfailingly competent God.

**PRAY**
Say the Prayer for Quiet Confidence, based on Isaiah 30:15 and Psalm 46:10: O God of peace, who has taught us that in returning and rest we shall be saved, in quietness and confidence shall be our strength: By the might of your Spirit lift us, we pray you, to your presence, where we may be still and know that you are God; through Jesus Christ our Lord. Amen.

**WORSHIP**
At worship this week, open your hymnal to #652, Dear Lord and Father of mankind. Pay special attention to verses 4-5:

- Drop thy still dews of quietness, until all our strivings cease;
- take from our souls the strain and stress, and let our ordered lives confess the beauty of thy peace.

**GO**
As Christians, we are charged with telling out the Gospel to the whole world. As you consider your particular gifts and the ways you will walk with brothers and sisters old and new, think too about how you will pause in the midst of that ministry, re-centering your life on God. What practices will be helpful? Commit to those practices.

**REST**
Episcopal Camps and Conference Centers (ECCC) is an organization dedicated to sustaining and enhancing the ministry of camps and conference centers around The Episcopal Church. Look at ECCC’s page on the Episcopal Asset Map at bit.ly/ECCCmap. Is there a camp or conference center near you where you can rest or go on retreat? Find out what opportunities are close by for restoration and reconnection with God.

**OTHER RESOURCES:**


Learn more about the Way of Love at episcopalchurch.org/wayoflove.