

# Message From The Pastor

**March 10, 2021**

## Sleep

“In vain is your earlier rising; your going later to rest; you who toil for the bread you eat; when He pours gifts on his beloved while they slumber.” (Psalm 127.2).

As Fr. Donald Calloway, MIC penned in his book, *“Consecration to Saint Joseph,”* “You are not wasting time when you rest.” And, “sleep is pleasing to God because he will speak to you and refresh your soul when you sleep.”

Certainly, we need sleep and rest, especially in a culture like ours which tends to advocate just the opposite. After all, even God, the Creator, rested on the seventh day (Gen 2:2-3). Therefore, since God rested, and you are someone created in the image and likeness of God, then it would be a godly and good habit to engage in sufficient rest, as God did.

Although I rarely heard a penitent admit it in confession, (and I don't recall the last time I have done so), is it possible when we are caught up in a pattern of neglecting our bodies due to the lack of sleep and rest, we are offending God? I think so! If what is true in the psalm quoted above that in “slumber” God provides gifts to His beloved, then when we do not get enough rest and sleep, we are creating an obstacle to the gifts God wants to give to us. Creating obstacles so God cannot provide gifts to us seems sinful, doesn't it?

Consequently, don't get into the habit of waking up each morning tired, then looking forward to getting home after work or school, to get some sleep. Make it your business to rest and sleep, when you should, rather than remaining awake too late. As people of faith, we believe it is always a good practice to try to do the holy and good things God did! Rest and sleep are choices made to become holy, just like our God!

Peace  
Fr. Marc