



Links Players

Choosing to Rest

Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, "Come with me by yourselves to a quiet place and get some rest." (Mark 6:31, NIV)

I had another quick turnaround. I was home for two and a half days after a twelve-day trip to Georgia and Florida for golf and coaching a college tournament.

For this upcoming week-long trip to Southern California, I wanted to squeeze into a large backpack and a personal bag. My golf clubs would be staying home, intentionally.

As of today, three hundred and nine days have passed in 2025. I have been on the road for one hundred and ninety-one of them.

My ministry work and tournament golf require travel, and that is okay—I enjoy what I do. But by the fall, I am physically and emotionally exhausted. Back in September, I knew I needed to create some space to rest (which I do not do well).

I would love to find rest at home, but it is hard when I have chores waiting, admin tasks to complete, counseling clients to attend to, and friends to visit.

Knowing I needed to be in Los Angeles, I reached out to one of our LINKS members who has a condominium about an hour or so south. Maybe ... I could steal five days of rest in a quiet place.

I held the possibility with open hands. If he said it was not available, then I would stay home. If he said yes, then I would go.

At first, I thought of this as a vacation. But Jesus' words in today's scripture described what my mind and body needed—a quiet place to rest, read, and be by myself, not a vacation.

Jesus knew the burden of constant travel and giving of his time to others. And he knew he and his disciples needed to recharge at times for physical and spiritual well-being. Both are essential for wholeness and effectiveness.

My life has been moving at a pace that is leaving my heart, soul, and mind exhausted. I know this, and my friends remind me often.

I am grateful for the generosity of my LINKS friends in allowing me to use their condominium. It is the first time that I have gone away alone with no agenda, no one to take care of, and no competitive performance.

The quiet and beautiful setting has bathed my spirit in God's presence. I have connected with creation while walking on the beach. The moments sipping coffee and reading a book have replenished my spirit.

Going away to a quiet place for several days may not be available to you right now, but where can you find time for physical and spiritual rest in God's presence this week?

Building a habit of slowing down is good for our mind, body, and soul. I encourage you to find space for your heart to breathe.

Prayer: Lord, thank you for your example to go away to a quiet place to rest. Help me to choose rest more often every day.

Tracy Hanson

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