

God rested - and so should we

I love the episode in the gospels when, after a long day, Jesus finds a quiet place to escape on his own. The disciples discover him and like rather fussy business managers, badger him saying:

“Lord, everyone is looking for you”. He replies; *“Let’s go somewhere else”!* (Mark 1.35-38)

Even our Lord Jesus Christ needed breaks to recover from the busyness of ministry, to refresh himself, to sleep and to pray. It was a vital part of his rhythm of life.

God set a model for this when, after six full days creating the universe, the seventh day was deliberately set aside for rest. (Genesis 2.2)

Keeping a healthy pattern of work and rest (and play) is vital for all of us. This means being careful to protect Days Off and Holidays from the encroachment of work, and helping each other to balance work and recreation. Clergy and laity can support good practice in looking after ourselves appropriately. In addition, clergy are encouraged to take study leave (“sabbatical”)

every seven years for personal and professional development.

I am really grateful that the Church has granted me three months

sabbatical leave from January to March next year. For half this time, I will serve as a Chaplain with the Missions to Seafarers and for the remainder will focus on catching up with my theological reading.

My colleague in the Bishops’ Office, Suzanne Carter, will continue to look after the diary in preparation for my return in April. I look forward to Church and School visits and Mission Weekends later in the year.

With my prayers and best wishes,



The Rt Revd John Holbrook
Bishop of Brixworth

