

## **SPIRITUAL TASK—BALANCING WORK AND LEISURE** (Exodus 5, 18)

*by the Rev. David Roth at the New Church of Boulder Valley*

**Story** Moses judged for the people of Israel from morning till night. His father-in-law Jethro seeing this asked him, “What is this thing that you are doing for the people?” He then told him, “The thing that you do is not good.”

**Meaning** Our use, how we perform it, and our attitude toward it is one of the most important elements of our spiritual life. However, neglecting the rest of our areas of responsibility is not good. We need to work toward achieving balance in our life. Like Jethro to Moses we need to ask, “What is this thing that you are doing?” Which things in your life take up the most time? Do they need to take up that much time? How important to your life are they? Can you survive without them? How much time is devoted to being restful and quietly reflecting on the Word of the Lord?

**Task** This week create a quiet time for yourself each day (sleep doesn't count). It can be as little as five minutes or as much as an hour. Choose a place and a time that you will not be disturbed, and sit or walk quietly and think about your spiritual life. Think about the Lord, His creation, His purpose in creating you, truths you remember, times when you acted in a good way, etc. Just slow down and take a break. You can do it.