



“Each person
deserves a day in
which no problems
are confronted, no
solutions searched
for. Each of us
needs to withdraw
from the cares
which will not
withdraw from us.”

Maya Angelou
Poet | Civil Rights Activist
(1928–2014)

Schedules are full. Activities abound. Life is busy. When was the last time you were captivated by a sunset, or left aside all traces of a hectic life, to be enveloped by the trail of a deep forest?

You were not designed to endure limitless production. You were created for creativity, rest, awe, vocation, fellowship, and wonder. You were created to experience life in its profound depth and to reach for help when met with your own limitations.

We all need habits of pulling away from the crowd and being still. We all need habits of guilt free self-compassion and rest.

It's ok to rest. It's ok to step away from the problems or issues of the day. In fact, it's the strongest indication of a healthy mindset. It's ok to realize your finiteness, for this indicates the strongest indication that you accept your humanity.

Be sure to always make time for the things that matter most in your life.