

PAUSE

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There are times when God uses the pauses in our lives to realign our spiritual compass. And, indeed, God allowed us to pause during this pandemic so that our compass will be realigned to Christ and to the direction that He wants us to pursue. 2020 and 2021 will definitely be remembered by this generation and stories will be told to the next. Stories of transitions to online set-ups, of restrictions of physical interaction with loved ones, even of losing jobs, closing businesses, poverty and sickness - these years are indeed tough, and we have our own share of suffering. But, just like what J.E. Tada said, "When life is rosy, we may slide by with knowing about Jesus, with imitating him and quoting him and speaking of him. But only in suffering will we know Jesus." Truthfully, during this challenging quarantine season, our relationship with Jesus has grown. And my hope is that we will not forget the value of this pause in our spiritual lives - and at the same time the value of pauses that we intentionally put in our schedules.

Strategic pauses are important in our lives especially now that most of us are working with heavier responsibilities compared to the days prior to the pandemic. And when I say this, it includes not just our responsibilities in our work/school but also in our own homes. Knowing this, I hope each of us will learn to put regular pauses in our lives; to take time to slow down; to remember God. To realign to Him. To pause. To obey God's command for Sabbath.

In Exodus 20, one of the commandments of God is to "Remember the Sabbath day, and to keep it holy." With all you shall nots in the Ten Commandments, this one commands the people to REMEMBER. Admittedly, a lot of us fail on that part. But, the command doesn't stop there, we are also to keep it HOLY - set apart for God.

The pauses that I want to convey are not just pauses for pleasure, though it is part of it. It is not just withdrawal from work, but it is also drawing into Christ. Pauses are moments to take time and appreciate the blessing God has given to us, and at the same time a strategic halt so that we can see the bigger picture of our lives and discern from the Lord the next step to take. So, when was the last time you took your Sabbath day? When was the last time you took

a 24-hour pause to pleasure in God's blessing and in His presence? If it's hard for you to answer, or you can't even remember, I urge you to be intentional with it and put in your schedule - a 24-hour pause in your week - a pause to pleasure and enjoy His presence.

My prayer is that as you take your pauses, you will, indeed, experience God. That, as you spend unhurried time with God, you will be realigned to Him and will have a clearer direction. That as you bask in His presence, you will be strengthened to persevere and pursue that thing He has called you to do. So brothers and sisters, as we set on to the next half of the year, I urge you to pause! ✝

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