

I once saw the following quote on Instagram: “If you don’t make time for your wellness, you will be forced to make time for your illness.” It’s a good reminder. If rest is not intentionally scheduled into your life through blocked off times on your calendar, then it is not “real” and will be swallowed up by the tyranny of the urgent. My best days and weeks all have the same thing in common—established times for communing/abiding/resting with God.

I am almost finished reading [\*Secrets of The Vine: Breaking Through to Abundance\*](#) by Bruce Wilkinson, a short book that I highly recommend. Wilkinson offers invaluable insight into [John 15:1-10](#) that informs how I think about spending time with God; he writes, “Communion with God is a relationship, not a sensation. That will come as a huge relief if you think you must have an emotional rush or sentimental feeling when you spend time with God (p. 111, Wilkinson).” I hope that encourages you as much as it encouraged me.

The boundaries you place upon your time, your attention, and your devotion will be tested and questioned! It’s been that way since God created the first couple of human beings, Adam and Eve, so don’t be surprised when it happens to you! The first question recorded in the Bible is by Satan to Eve: “Did God really say, ‘You must not eat from any tree in the garden? (Genesis 3:1)” Notice how this question is a boundary question! Satan is attempting to get Eve to second guess what is off limits!

The second question recorded in the Bible can be found in Genesis 3 and is from God to Adam: “Where are you?” Notice how this question is also a boundary question! God is attempting to get Adam to reassess where he is, not only geographically, but psychologically, spiritually, emotionally. Right from the beginning we see that God created humans with the ability to choose to live within the boundaries He has set, or to trust themselves and live outside Godly boundaries which ultimately results in separation from God.

Perhaps you lack clarity on how boundaries relate to you and/or you are interested in a resource to help you self-assess. Dr. Saundra Dalton-Smith—she’s a physician—has a powerful book entitled, [\*Sacred Rest: Recover Your Life, Renew Your Energy, Restore Your Sanity\*](#), which features her framework of 7 types of rest; additionally, she offers a [free personal rest assessment](#) based on her book.

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