# Recreation

And he said unto them, Come ye yourselves apart into a desert place, and rest a while… Mark 6:31

Even beasts of burden must be turned out to grass occasionally; the very sea pauses at ebb and flood; earth keeps the Sabbath of the wintry months; and man, even when exalted to be God's ambassador, must rest or faint; must trim his lamp or let it burn low; must recruit his vigor or grow prematurely old. It is wisdom to take occasional furlough. In the long run, we shall do more by sometimes doing less. On, on, on for ever, without recreation, may suit spirits emancipated from this "heavy clay," but while we are in this tabernacle, we must every now and then cry halt and serve the Lord by holy inaction and consecrated leisure. Let no tender conscience doubt the lawfulness of going out of harness for awhile, but learn from the experience of others the necessity and duty of taking timely rest.

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