

TASTE Talk: Rest and the Discipline of Delight

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THE MORAL OBLIGATION TO REST AND TO DELIGHT

(a meditation for Gaudete Sunday)

- I. **The Duty of Delight** (= *rest in the good*)
 - a. Paul's letter to the Philippians – calls the reader to “Rejoice” over and over again
 - b. Aquinas – *ST I-II*, q. 34, a. 3: our last end is perfect delight = rest in the Perfect Good
 - i. Delight – resting in the good – is what we were made for
 - ii. Hebrews 4: Heaven *is* Rest
 - c. But then we can only prepare ourselves for Heaven if we practice the discipline of Rest
 - i. REST/RECREATION/LEISURE: delighting in the goodness of reality

- II. **The Two Enemies of Rest:**
 - i. **Workaholism:** making work the goal of life, instead of rest
 - ii. **Idleness:** If rest means a celebration of reality, idleness is a restless attempt to *escape* reality.
 - b. The vicious cycle of restlessness:
 - i. For many people, life is nothing more than a miserable vacillation between these two states – pointless work and entertainment binging.

- III. **The Two Great Aids to Rest**
 - a. **The Sabbath** – a day of “protest against the servility of work” (CCC #2172)
 - i. Jesus says, “Come to me, all you who labor and are overburdened, and I will give you rest.” (Matthew 11:28).
 - ii. SO REST AND DELIGHT ON SUNDAY!

 - b. **Existential Celebration of Our Being** – our worth, and the worth of those around us, depends on our existence, not what we do
 - i. We are God's children – we are loved for what we are, so we don't need to work for our value.
 - ii. Are we showing others that we not only *love* them (i.e., that we'll do things to aid them), but that we *like* them (i.e., we delight in their being)?
 1. God likes us before He loves us – we should express the same attitude.