



New Life Riders

Motorcyclists Serving God and Community

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This month's newsletter is dedicated to my beautiful wife of 57 years.

Dear Friends,

*Did you ever notice that the difference between being stressed and being blessed is often rest. Poet Erica Layne wrote **“Rest is not idle, is not wasteful. Sometimes rest is the most productive thing you can do for body and soul.”***

Are you always in a hurry? Is your To Do List extremely long? Has more than one person ever told you to slow down? Do you feel guilty when you relax? Do you have to really feel sick to take any time off? The pace of modern society pushes us to keep going and going. How many of you actually work on your day off? Have you ever gone to church on Sunday morning and then head straight home only to begin to work (whether it is housework, schoolwork, or work for your employer/job) trying to complete all the things that you didn't get done during the work week.

*No wonder you're exhausted! Anybody would be tired. However, that's not the way of the Good Shepherd. We read in **Psalm 23:2 “He makes me lie down in green pastures; He leads me beside quiet waters.” (NIV)** God makes you lie down in green pastures. That, my friends, is rest. And he leads you beside quiet waters. That's what I would call refreshment.*

God, in His goodness, created rest, and He considers it as important as work. A loving shepherd makes sure his sheep get enough rest to stay healthy. It's the same with God, your Good Shepherd. If you won't lie down, God will make you lie down. Sometimes the only way God can get you to look up is to lay you flat on your back. He will do that because he cares about your physical, emotional, and spiritual health.

*Isn't amazing how much better things look after a good night's sleep? As I said before, the difference between being stressed and being blessed is often rest. A lot of your worry, hurry, and restlessness comes from not understanding the goodness of God in your life. When you understand what God has done for you and wants to do for you in the future, you can relax, let go, and **“Get Some Rest.”***

This phrase, “Get Some Rest,” is one that my wife, Kathy, would always say at the end of our phone conversations with our daughters. She wanted to ensure that they were caring for themselves and not overdoing it in their work and various tasks.

On April 21 at 12:12 p.m. Kathy herself finally got the best rest she could get – her eternal rest. Our family misses her terribly, but we are so very grateful that she is now finally

able to “get some rest” in the arms of Jesus. Please hold our family in your prayers as we know the days ahead will be hard. Pray that we will be able to “get some rest” in the knowledge that Kathy is now resting from her labors and is in our Savior’s presence. My dear sweet wife of 57 years was a faithful servant.

Please pray for us. And please pray for our country, our troops, firefighters, law enforcement officers, first responders, all those in the medical field and everyone who is serving to keep us safe!

May God smile upon your life so that the smile in your life reflects God’s presence in it. Until next time, love Jesus, be thankful and keep doing the good stuff.



Kathy and I at an ABATE Region 11 Christmas party several years ago

*Riding with Jesus,
Bob Dillon
www.newliferiders.com*



God bless America.

***Jesus said, “Go into the world. Go everywhere and announce the Message of God’s good news to one and all.”
Mark 16:15 (The Message)***