

## **Two Times of Life. Two kinds of work. Two ways to rest.**

In prison, inmates do have a lot of spare time, leisure time. Most of them don't benefit or enjoy rest for their souls because they don't make use of this valuable time as they should. Most people don't experience the benefits they should enjoy from their spare time, because they don't value and use their leisure time as well as they could or should be using it.

The first time of life is the shortest; the life we live before we die. The second time of life, which must be prepared for during the first time, comes after death. The first time of life will be most delightful and fruitful, if we work preparing for the second time of life. If we don't work at preparing, with Jesus Christ, for the second time of life; we don't live with faith, hope and love for God, which is the necessary preparation for the second time of life, which is eternal life (with God), and most perfectly enjoyable, beyond anything we can experience, in the first time of life.

God has taught from the beginning, and even the most greedy industrialists have come to learn that humans are most productive, and at their best, when they are given breaks from their work to rest.

How we spend our leisure time, our spare time, our time for rest, shows what is most important to us; and, if we understand the type of rest that we need to be enjoying for the most fruitful and beneficial first time of life, we will be using our spare moments, our leisure time, to rest prayerfully, in the presence of God.

Worldly people use their **leisure time**, spare time, seeking comfort and consolation in food, drink, sexual activity, entertainments, etc.; which don't rest or strengthen them for what they really need, for a beneficial first time of life.

For the most beneficial type of rest, **whenever we have spare time**, we will **rest our souls in God** counting our blessings, thanking God, thinking about him (meditation), singing his praises, studying to know him better, praying and worshiping him.

Jesus teaches us how to work with him through every kind of situation of life, in order to find and be able to rest with, in, and through him.

*“Come to me, all you who are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.”* (Matthew 11: 28- 30)